



Your Soul Contract Decoded

Discovering the Spiritual Map of Your Life
with Numerology

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About the author

NICOLAS DAVID NGAN was born in New Zealand, completed a degree in Chemical Engineering and worked in research and marketing. He has travelled widely throughout the world exploring spirituality and sacred sites. In 1990 he settled in England and worked in London in corporate finance in mobile satellite communications, developing new state-of-the-art communication services offerings. He brought the Soul Contract Reading work to the United Kingdom in 1990 from the States and established the Center for Conscious Ascension with Dr Ahlmeirah Ariel Hallaire in 2002 as a vehicle for accelerating the Ascension process. They are the leading practitioner trainers in the English-speaking world in the Soul Contract Reading work, offering both live in-person and web video conferencing training. Dr Hallaire now runs the Centre of Love and Enlightenment. Nicolas David Ngan also brought the Lightbody Integration work to England in 1997 and offers practitioner training.

Nicolas' Divine Purpose is to Co-Create Heaven on Earth with other Lightworkers through holding a loving and empowering space for others to manifest their Divine Purpose.

Website: centerforconsciousascension.net

Email: nicolas12@centerforconsciousascension.net

Facebook: nicolas.david.ngan

Twitter: NicolasDavdNgan

LinkedIn: Nicolas David Ngan

Testimonials

'Nicolas David Ngan's Soul Contract Reading for me was comprehensive and profoundly affecting. It felt like a therapy session with someone who already knew all of my issues. I was surprised at the accuracy of some of the insights that Nicolas gave me into my way of being in the world and his assessment of my relationships to date was spot-on.'

'We all have a sense that there has to be a reason why we're here in the world; Nicolas' insights allow you to stop wondering and start living that life purpose. I highly recommend his work.'

Tania Ahsan, Editor, Kindred Spirit

'I found the Soul Contract work with Nicolas David was extremely helpful in helping me understand my own strengths and to see what I had promised to do in this lifetime. And his knowledge is phenomenal.'

Nick Williams, Author of *The Work We Were Born To Do* and Co-Founder of www.inspired-entrepreneur.com

'Soul Contract Reading work is a unique profiling system. The readings have not only helped to make sense of my personal, gifts and direction, they have helped me throw light on business and relationship issues. Most importantly, Soul Contract Reading shows you how to make corrective changes to align with your soul destiny.'

Steve Ahnael Nobel, Author, Coach and Co-Director of Alternatives, London

Foreword

Before I start, I need to say that I have not trained in Soul Contract Readings specifically, and I therefore do not fully understand the nuts and bolts of how it works. I have heard that it is based on numerology and the Hebrew alphabet, but then again, it was not necessary for me to know this to gain benefit from the work – just as it is not necessary to know all the details of how a car works or how a film is made to gain value from them. What I can say is that I have received a number of Soul Contract Readings that have given me insight and strategies to use in my personal and professional life.

In order to properly introduce this book, I need to introduce myself first. I have been a director of a not-for-profit organization called Alternatives for the past 12 years. Alternatives has been based in St James's Church, Piccadilly, London, for the past 30 years, and what it does quite successfully is host authors and presenters from around the world who write or teach about spirituality, self-help or personal development. As a writer and coach, I have researched many different spiritual and personal development paths and ideas. I have also been introduced to a number of profiling systems that range from the more down-to-earth end that, for example, profile emotional intelligence such as EQ 360, and of course the classic Myers Briggs that looks at personality types, to the more spiritual end of the scale such as the Enneagram. I also have been assessed by such systems and found that each offered a different useful perspective.

Since having been introduced to this system, I have come to know Nicolas David Ngan quite well. We have met up socially on a number of occasions, where we had many lively and deep discussions on this system.

What struck me immediately about Soul Contract Readings was that it was not based simply on personality, mindset, emotions or behaviour (although it has insights into all these aspects of Earthly life), but that it was fundamentally based on the soul. From my point of view, I experience living in a world that knows a lot about personality and ego and very little about soul. The term 'soul' for most of us in the West is heavily laden with

ideas around losing or selling the soul as if it were a thing that we possess. In my view, soul is who we are at the core of our being, the part of us that knows our true mission in this lifetime. The soul is the 'animating principal', the incorporeal essence of a person. The soul is sometimes called the deep or higher self. To know the soul is to embrace the totality of who we have been, who we are being now and the potential of who we can become. The soul holds the memory of our many lifetimes and the patterning we call karma. The soul also holds the latent gifts, abilities and potential in our future that we have yet to uncover and actualize. For those with ears that listen, our soul continually speaks to us in every moment through the gentle whispers of the intuition and our motivating values that propel us to right action.

This book offers you insight into your soul's journey here on Earth. How you use that information is of course up to you. It could be just another interesting self-help book you read or you could decide to go deeper into the material presented here. Through the readings I have come to understand more fully my life journey, my challenges, my strengths, my goals and my soul purpose. They also have given me an insight into areas such as relationships where it shows the hidden energetic dynamics that really drive them. Another interesting use of the system has been in branding: for instance, the title of my recent book *The Enlightenment of Work* (Watkins Publishing) was evaluated and given the green light using this system. The title was in perfect alignment with my soul purpose and thus is helping it manifest with more ease and grace in the world. Perhaps the most powerful aspect of the system is that it offers more than insight. It offers advice and strategies for you, the reader, to align with your map and thus actualize more of your soul purpose in the world.

Bright blessings

Steve Ahnael Nobel,
Author, Coach and Co-Director of Alternatives, London

Contents

Acknowledgements

Foreword

Preface

- My Soul Contract Reading
- Inspired to share and teach
- The Spiritual Map of my life

Introduction

- Would someone just tell me what is going on with my life!
- The Spiritual Map of your life
- How you created your life the way it is
- How to start creating a more fulfilling life
- How to use this book
- Your Soul Contract creates your reality in each moment

Chapter 1: How you create your life

- Sound is creative
- An experiment in consciousness
- The dimensions we exist in
- How you actually create your reality
- The Law of Opposites
- Your karma is your greatest gift
- Your ego is attached to suffering
- Why you are reading this book
- The Soul Contract decoding process

Chapter 2: Decoding your birth certificate name, the Spiritual Map of your life

- Ancient Hebrew emerges from the movement and sound of God
- The layered interpretation approach
- The Tree of Life
- The Mother Letters of Creation
- The Double Letters
- The Simple Letters
- Number categories

Chapter 3: Methodology for creating and generating numbers

- Generating a chart: the Star of David
- Writing out the birth name phonetically
- Checking for combination letters
- Allocating the Hebrew numbers to the letters

Assigning the Hebrew numbers on the Star of David
Minimum number of phonetic sounds required
Calculating the six aspects of the Star of David
Calculating the Soul Destiny
Calculating the three aspects for a short name with less than ten phonetic Hebrew sounds
Brief interpretation of a name with ten or more phonetic sounds
Case study 1: Michael William Sampson
Brief interpretation of a short name with less than ten phonetic sounds
Case study 2: Bart Alan
Symbols associated with each of the 22 Hebrew numbers
Channelled Soul Contract Symbols

Chapter 4: Understanding the numbers: generic top-layer interpretations

The aspects of your Soul Contract
An open system of interpretation
Letting go of the judgement of your karma
Focusing on the essence of each number
Top-level interpretations 1–22

Chapter 5: Double Letters

The Gateways
The Directions

Chapter 6: Simple Letters

The Organs

Chapter 7: Double numbers: 1–1 to 9–9 – aspect-specific meaning

Deeper layers of meaning
A specific range of frequencies to experience

Chapter 8: Combination numbers 10–1 to 22–4 – aspect-specific meaning

A wider range of frequencies to experience

Chapter 9: The Word

Transmissions from God

Chapter 10: Recommendations

How to make your life happen
Recommendations 1–1 to 22–4
Living in the right place
The essence of the numbers

Chapter 11: Decoding the interpretations of your Soul Contract

Interpretation methodology

Writing out your Soul Contract

Case studies

Case study chart summary for finding your numbers

Case study 3: Stephanie Margaret Megan Taylor

Case study 4: Maxine Charlotte Ethelle Sampson

Case study 5: Jeri Michelle Taylor

Case study 6: Mark Anthony Rubin

Case study 7: Naomi Jemma Kelliher

Case study 8: John William Taylor

Case study 9: John Arnold Ford

Now you know how life works

Family, personal, parenting and business relationships

Chapter 12: The next steps

Creating a more fulfilling life for yourself

Embracing your life to consciously heal yourself

You are important in the global scheme of things

Manifesting your divine purpose

Creating Heaven on Earth in your life

How you are changing our Earthly reality

In conclusion

Appendix A: Non-written English and non-English phonetics

Appendix B: More advanced applications

Appendix C: Soul Contract Readings and consultations

Appendix D: Workshops and practitioner training

Appendix E: Tools for awakening

Appendix F: Web portal for readers

References

Acknowledgements

I dedicate this book to Frank Alper, who died in December 2007, my most influential spiritual teacher who woke me up at the beginning of my spiritual journey. Frank taught me the core of the Soul Contract work (aka the Spiritual Numerology of Moses) and many other spiritual principles that have been the foundation for my mission of service here on Earth. I will be forever grateful to him for the transmission he shared with me. He is my primary source of spiritual guidance in the writing of this book.

I would also like to express my deep gratitude to my ex-business and ex-life partner Ahlmeirah Ariel Hallaire, who collaborated with me to develop the Soul Contract work into its currently highly refined form. She has been an inspiration for me with her high consciousness, love and support in my spiritual awakening. Riona Aiken for her input to the astrological, double letter and direction sections. Carrie Bates-Harrison and Antigony Langley for their astrological input. All the clients who have taught me so much about this work.

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Finally, a big thanks to my spiritual guides for getting me to this wonderful place in my life and being able to share this knowledge with the world. It is a great privilege to have been chosen for this role.

Preface

My Soul Contract Reading

In 1990, at the beginning of my spiritual journey of awakening, I walked into a hotel room in Phoenix, Arizona, as part of a week-long spiritual training called the Carousel of Growth. This was for a Spiritual Numerology of Moses Reading with Frank Alper, who originally channelled this work through in the 1980s. He converted my birth certificate name into phonetic Hebrew sounds on a Star of David. Out of these phonetic sounds he extracted the equivalent Hebrew numbers. Over the next hour Frank used interpretations of these numbers to completely decode my entire life. He put all of my disparate life experiences into place, and I saw the complete order and truth that was present. My life made sense for the first time. I no longer felt lost and without direction, and I no longer felt that life was some strange mystery where seemingly random events kept happening to me. At last, I finally understood why all those things had happened, and that there was an underlying spiritual map to it all created by my soul. I had connected to my Life Purpose for the very first time, and that resonated within me at a very deep soul level. I had come home and had found myself at last.

Frank showed me that there was both a physical and spiritual component of life, and that within these components there were three aspects: karma, the set of unresolved issues from past lives, which the soul brings in to overcome in this life time; talents, initially latent, that come into consciousness to overcome the karma; and goals, which are like the underlying drive we have in life, what gets us out of bed in the morning, the dream we have come to Earth to manifest. Finally, there was the Soul Destiny, which is the sum total of all of these, the real purpose of why the soul has come to Earth.

Understanding the karmic aspects, the hard stuff I needed to face brought into my consciousness for the first time what had been holding me back. Because I had always been immersed in them for my entire life, I had never been fully conscious of them. This is like being a fish in water. It doesn't know what

water is until it is exposed to air. It was just the way my life was. During the reading, I was able to step right back and objectively see my life patterns for the very first time.

Frank explained that out of my initial shyness to express myself when I was younger, in my Physical Karma, I was here to overcome this and become a teacher, a communicator. This I have now become with the establishment of the Center for Conscious Ascension with Ahlmeirah Ariel Hallaire in 2002, which is all about communicating knowledge and tools for raising human consciousness.

My latent Physical Talents were to express the word of spirit in society in a grounded way, which has happened as I have found new ways to make higher consciousness knowledge and tools more accessible to people.

I learnt that my Physical Goals were to ground into my body and to become emotionally present and connect with people and society. Up to that point I had definitely been avoiding doing that, living in an emotionally numbed-out, isolated and disconnected state. This too has happened, and I am really enjoying being much more connected with life.

My Spiritual Karma created the experience of feeling like a victim as a child, and in my adult life, where I felt that the world and people were doing things to me all the time, I was to learn about coming fully into my power. This has come to pass, and I have become a completely different person. A lot of the focus of my spiritual service nowadays is to empower others, because I can give them a direct transmission of what they seek as I have worked through the very same issues they are facing.

My latent Spiritual Talents were to take all my multidimensional past life knowledge and experience and to share it in completeness with the world in my spiritual service. This has manifested as my becoming one of the custodians for this body of Soul Contract Reading knowledge. The continuous development and expansion of the original interpretations of the 22 Hebrew numbers that Frank originally channelled through, and the sharing of it over the past two decades, is an integral part of this. As a result, the Center for Conscious

Ascension has become the primary source of this work in the English-speaking world. We have over 33 years of working experience in delivering readings and training both Soul Contract Reading practitioners and teachers. Frank passed over in 2007, with a book on this work incomplete. This talent enables me to ensure that his legacy, his gift to the world, lives on and continues to transform people's lives for the better. This book is a culmination of this sharing.

My Spiritual Goals were to take the knowledge that has come to me – and that really inspires me – expand it and share it with others. This is exactly what I am doing with this book. I had no choice but to write it as the inner drive from my soul to do so was so strong. It gives me deep satisfaction to pass on knowledge such as this that can really help you transform your life.

My Soul Destiny/Life Purpose was revealed to be all about coming fully into my power and reaching a high level of consciousness as a result. This too is now happening. From this higher state of consciousness I am now able to help you raise *your* consciousness.

Inspired to share and teach

I was so inspired by this experience of the reading with Frank that I decided to stay on in the United States for several months. This was in order to learn how to do this work so I could share it with others back in the United Kingdom. Frank had given us (students in his Numerology of Moses workshop) permission to share it with as many people as possible by teaching it in our own way. When I returned to the UK, I had a strong urge to share the wonderful, empowering truth of this work that had touched me so deeply with others who were open to it, and I wanted to help them move forward in their lives. It would enable them to navigate the Spiritual Map of Life laid out by the soul from the time they were conceived.

As a result of this strong calling, I have delivered thousands of Soul Contract Readings to people all over the world over the past two decades, to help them become conscious of the Spiritual Map of their life. I have given them specific

recommendations so they can navigate their map, break through the blockages they face each day and move towards manifesting a happier, more fulfilling life as they align with and manifest their purpose for being here on Earth.

In addition to this, a major part of my teaching practice has become to train practitioners in this work so that this high level of truth can reach even more people and help them move forward in their lives.

I established the Center for Conscious Ascension with Dr Ahlmeirah Ariel Hallaire in 2002 as a vehicle for accelerating the Ascension process. This is undertaken by holding a loving and empowering space for spiritual seekers to access and manifest their Soul Destiny/Life Purpose. The core foundation of this process is the Soul Contract Reading work so that they understand the Spiritual Map of their life and where they are on it. Recommendations as to which tools/practices/workshops to use are then made to help them progress more easily through their Spiritual Map. You can find out more at centerforconsciousascension.net.

The Spiritual Map of my life

Everything in my Soul Contract, which at the time of the reading over 20 years ago seemed only a pipe dream, has happened. This is because Frank's reading had given me that extremely accurate, precious map of the deepest truth of my life. I have followed that map ever since, even when things got tough. Actioning the recommendations that came out of the reading has been a profoundly deep process and has totally changed my life. They have helped me work on my most important life issues. As a result, I have broken through much of my karmic patterns, unleashed my talents and moved towards achieving my goals and manifesting my Soul Destiny/Life Purpose. Without this Spiritual Map of my life, I feel that my life would not have happened and that I probably would have got seriously stuck in my karmic patterns as they were so strong. Because of my perseverance, all the things that Frank told me so many years ago, which seemed unbelievable at the time, have come to pass. My life is happening the way I want it to. I am in a place that would have been unimaginable

only a few years ago. I would now like to share with you how you can decode your Soul Contract, how you can understand the Spiritual Map of your life and how you can make this happen for yourself.

Introduction

Would someone just tell me what is going on with my life!

When we first start off in life, things just seem to happen to us randomly. As we mature, we begin to notice that some patterns start repeating themselves, and that there may be some sort of order to our life. Many of us go through life dealing with one crisis after another and ask ourselves, 'There must be a deeper meaning to all this amongst all the chaos? Would someone just tell me what is going on with my life!'

The Spiritual Map of your life

Just know that there is indeed an underlying plan, a carefully designed Spiritual Map that the soul is using to create your life in each and every moment. It is all a matter of decoding it. Once this is done, your life will make total sense. Like using satellite navigation in a car when driving to a programmed destination, this Spiritual Map of your life called your Soul Contract will help you navigate the experiences of life. It will get you to your destination, which is your Soul Destiny or Life Purpose. Most people incarnate on Earth and never manifest this because they lacked this Spiritual Map, this Soul Contract that was within them all the time in the form of their birth name. The result is that they reincarnate for many lifetimes, to repeat the same experiences, until the soul gets what it came for. Learning on the Earth plane can be a slow process as a result, and you can often hear the effect of this in the statement 'Life is hard and then you die'.

However, it doesn't have to be that way. Most of us turn away from the hard stuff we face in life as it just seems too painful and challenging to face it, let alone overcome it. We start looking for an easier way. Let us step back and have a look at why are we here in the first place. This is the big question: 'What is the meaning of life?' Well, here's the answer. It's not 42 like in Douglas Adam's *The Hitchhiker's Guide To The Galaxy*, but it is still a number, so he was close!

How you created your life the way it is

One of the ways the Creative Force of the Universe seeks to expand its consciousness is to separate parts of itself in consciousness from itself. These parts completely forget that they are part of the Creative Force. It has them embody in a denser physical form into a specific band of frequencies. These parts are we ourselves, our souls incarnate in a human body in a band of frequencies called the 3rd dimensional Earth plane. This immediately creates a sense of separation in consciousness from God/the Creative Force through the structure of the human ego. Our consciousness drops, and we fall into a state of unconsciousness. We forget that we are part of All That Is. This is called the Game of Separation from Spirit, with Spirit being defined as the part of the Creative Force of life that does not embody, and with Soul being defined as the part of the Creative Force that is more individuated, that embodies from time to time.

When we are out of our bodies, as pure spiritual beings on the higher dimensions, we are merely pure consciousness. We are not limited by the physical and emotional limitations of embodiment. Our consciousness is much more expanded. We feel and know that we are connected to and are an integral part of All That Is, Great Spirit, God, Universal Intelligence, the Creator, call it what you wish. In this place, everything that can be known, learnt and experienced resides as all consciousness is connected at this level of existence.

The Creator is not a noun, not a label for some wise old man with a white beard sitting on a throne in Heaven looking down upon us. The Creator is more a verb, a process continuously in action, seeking to expand its consciousness through the creation of Creation by experiencing and learning more about itself in a myriad of different ways.

The purpose of dropping into the forgetfulness of separation consciousness is that we experience life through a particular set of ego personality filters. We initially believe that this is all there is to our existence and proceed to fully engage with our life as if it is Real with a capital 'R'. We re-experience ourselves

as All That Is through specific lessons and experiences to continue to expand the consciousness of All That Is.

As we mature, we start to search for the true meaning of our lives as we know and feel that there is something important that someone has not told us about our life. Each of us is walking our own unique Spiritual Map of Life, created by our Soul Contract. We are ultimately searching for that reconnection in consciousness to the Creator, the Love that is All That Is, in the Higher Dimensions that we so recently left.

How to start creating a more fulfilling life

No matter how challenging your life situation is, this book will take you from where you stand right now and hand you the keys to unlocking your life. It shows you how to simply decode your Soul Contract from your birth certificate name to reveal the Spiritual Map of your life, which is manifesting your individualized search for reconnection to All That Is. It reveals the primary karmic patterns/challenges you need to overcome in order to move forward in life, your underlying goals/dreams and the latent talents you have to overcome the karma and achieve the goals. Overall, it presents to you your Soul Destiny/Life Purpose. It shows you how to work through these issues to more easily and consciously discern what is your next right action in each Now moment. It is designed to empower you to live a more fulfilling life.

How to use this book

The following chapters teach you a clear proven, step-by-step process for decoding your Soul Contract and understanding the Spiritual Map of your life. They give you the tools to start working through the challenges of this map more consciously and efficiently so as to manifest your Soul Destiny/Life Purpose. Anyone can undertake this process as long as they apply their will, focus and dedication to it. You do not need to be psychic, intuitive or special to do this.

There are many different ways of accessing the information within your Soul Contract. The principle of revealing the information in layers is used to enable you to assimilate it in a

top-down manner. You are taken from the broad principles of how all this works into deeper and deeper levels of meaning. The information gradually coalesces into 22 distinct areas of understanding that describe incarnate life here on Earth.

Because of the deep truths that are revealed about your life, you will need to go back through this information several times to really assimilate it properly. It is important to allow time to go with your natural flow in this process. Each time you engage with this material, something new will be revealed to you because you will be ready to hear it. Just practise using this decoding process and you will get it.

Your Soul Contract creates your reality in each moment

The Human Genome Project is one of the largest investigative projects in modern science. Its primary goal is to determine the sequence of chemical base pairs that make up our DNA and to identify and map all the genes (20,000–25,000) of the human genome (the hereditary information held in our DNA) from both a physical and functional standpoint.

Medical science used to believe that our genes and DNA had total control over our biology. This was until Dr Bruce Lipton and other leading researchers in the field of New Biology, who were examining the processes by which cells receive information, showed that our DNA is actually controlled by signals from outside the cell, including the energetic messages from our positive and negative thoughts. This is described in his groundbreaking book *The Biology of Belief* ([Ref 1](#)).

I would like to take this a step further and state that it is the energies of your Soul Contract that manifest your DNA and your entire physical and energetic bodies in the first place and how they function throughout your life. Once this vessel for incarnate soul expression has been created, it is the ongoing transmission from the different frequencies in each aspect of your Soul Contract that directly controls your DNA. This occurs in very specific and highly refined ways to create the life experience the soul desires. The soul can influence and switch DNA sequences on and off at will.

You will learn that there is a total divine order put in place in your life by your soul's choice of birth name that creates each moment of your experience. Decoding your Soul Contract reveals this specific, accurate and detailed Spiritual Map of your life. The more you understand and align with this map, the more easily your life will flow, and the more fulfilling it will become as you manifest much more of your Soul Destiny/Life Purpose.

Chapter 1

How you create your life

Sound is creative

Sound is creative. The first sound was the sound of God entering the Great Void to create this Universe. As above, so below, your birth certificate name creates your life from the moment you are conceived to the moment your physical body dies or you fully ascend. Ascending means transforming yourself into a Being of Light. This is where your dense physical body becomes a Lightbody and you shift to the next dimension of existence, while still retaining full memory of this physical Earthly experience. When we die, we normally lose these memories. Retaining these memories is the true meaning of immortality.

Your soul chose your birth name, prior to incarnating, while still on the higher dimensions. It reviewed all its past lives, consulting with the Karmic Board of Earth along with its guides and masters. It then chose a name that would create the optimal incarnate experience for it to know, learn about and experience itself as more of All That Is through the process we call life. This includes the time and location of birth into the Earth plane and the culture you are born into. Also, there are your parents as well as the entire genetic lineage you choose to be born into and the time period in Earth's history. The soul also chooses all of the primary formative, karmic and ongoing relationships you are to engage with in a given lifetime, prior to incarnation, to create the experience it needs. It contracts with the other souls for them to play specific roles in its life. This is why when you meet certain people in your life who seem quite familiar, it is because you have played out many roles for each other in past life incarnations. This is in order for all of you to grow in consciousness.

An experiment in consciousness

You can think of incarnate life as an experiment in consciousness set in motion by your soul through its creating of you. The infinite divine intelligence of your soul grew you from

a single cell at conception, when it first started arriving in your body, into a physical body consisting of 100 trillion cells. There is an associated set of energetic bodies that the physical body coalesces from into matter-based form. This is why it is such a miracle that babies come into the world and it usually all works. Your soul also creates a brand new ego personality expression for it to express through. All of this is created by the Soul Contract energies of the name it chose for you. Your ego personality is the soul's interface to the Earthly reality, so it can experience it in a specific way. Once it has set this interface in emotion, it cannot interfere with how you decide to live the life it has created for you. You have complete free will on how you decide to engage with the life created by your Soul Contract. However, it is the soul's deepest desire that you align with and manifest your Soul Destiny, its real purpose for incarnating.

A soul actually designs several different names in order to create the life it desires. From the moment of conception, it subtly communicates these names to its mother and father and sometimes other family members who will be involved in its naming. The reason for having a selection of names is to give the family a semblance of choice. Human free will is at play here, and the soul wants to ensure that it gets what it came for with the life that is created by the name that is finally chosen. This is the reason why there is only a small selection of names that appeal to parents when naming a baby. Parents often have a good feel for some part or all of the name prior to birth. But when the child is born, the soul energies which are progressively embodying throughout the pregnancy fully enter the reality, and the parents and family can then fully feel who this newborn being is. This then enables them to finalize the name. This includes Uncle Bernie, changing the spelling of the name on the way to the registry office after the parents have told him the name they want for the child. There are no accidents here in the naming process. The sum total of all the family input produces the right name for the child that the soul desires 98% of the time.

Occasionally, the family gets the naming process wrong and a soul ends up with a name which doesn't fit its true purpose on Earth. You can tell these kind of people because their life just doesn't work. They seem out of sorts, and the soul doesn't

seem to fit into the conscious ego personality construct the incorrect name has created. These people need their name optimized to correct this problem. This can be undertaken by an experienced Soul Contract Reading practitioner to realign them to the soul's true energies, in order to get their lives back on track (see [Appendix C](#)).

The dimensions we exist in

Let me share with you a model for the dimensions we will be using in this discourse. There are 12 dimensions in this model, and we are concerned with the 3rd through 6th dimensions. The 3rd dimensional Earth plane, where you find yourself in a physical body, is where a major part of our consciousness, which is stretched over all the dimensions, is focused at this time. You are made up of densified Light – Spirit that has lowered its vibration sufficiently to coalesce into matter-based physical form. The 4th dimension, which is the next vibrational level up from the 3rd dimension, is called the astral plane. It is where souls go when they leave the physical body. Here, thoughts, emotions and feelings manifest much more quickly into reality. The Game of Separation from Spirit is played out in the 3rd and 4th dimensions as we have polarity consciousness here, light versus dark, good versus evil. This is where we experience ourselves being separated from Spirit in consciousness. The 5th dimension is where you feel connected to All That Is, to all life. You are aware that you are a multidimensional being stretched out over all the dimensions of existence. The 6th dimension holds the higher dimensional templates for your human DNA. This is where consciousness creates through thought (see *What Is Lightbody* by Tashira Tachi-ren for more information; [Ref 2](#)).

How you actually create your reality

The energies of the birth name in the form of the soul's contract are stored in the physical body and energetic bodies within a substance called karmic matrix. This is a grey cobweb-like substance that is present on the 4th, 5th and 6th dimensional parts of our being. The 3rd dimensional Earthly reality we live in is not like some static box which we incarnate into and go about the process of life seemingly separate from

the reality. As the karmic matrix radiates your Soul Contract programming outward from your physical and energetic bodies, the Earthly reality, which is completely fluid, rearranges around whatever program(s) you are transmitting. This is the actual mechanism of the Law of Attraction in action, where like attracts like. This is where you draw to yourself whatever is resonant in your conscious and mainly unconscious feelings and thoughts.

Now that you are aware that reality is ultimately rearranging around the sound of your birth name, you can consciously focus your feelings and thoughts on manifesting what you truly desire in life. However, what seems to happen in practice is that, as you focus on what you desire, you initially create the opposite of this. This is often puzzling to people who are just starting to consciously use the Law of Attraction and can lead them to say, 'The Law of Attraction doesn't work!'

The Law of Opposites

The reason that the Law of Attraction doesn't appear to work initially is that there is a second law called the Law of Opposites that activates at the same time as you start to use the Law of Attraction. The purpose of the Law of Opposites is not to stop you from getting what you desire in life. Its job is to create a negative contrasting context, the opposite of what you say you desire, so you can get really clear on what you wish to create and experience. The door is not closed to our true desires which is how many interpret situations in their life when they are not aware that the Law of Opposites has activated. The door is actually open; all you need to do is to keep focusing on your now refined desire of what you wish to create and walk through the door – and it will eventually manifest for you.

I will give you an example of this. I needed to buy a second-hand car. I had decided upon the make, model and the maximum price I was prepared to pay. I also wanted it to be in top condition. I found one on the Internet that appeared to fit the bill and arranged to view it. It turned out to have been trashed by its previous owner. I was crestfallen and thought to myself that I must have seriously messed up using the Law of Attraction to manifest my perfect car. Then I remembered the

Law of Opposites. Rather than going deeper into a spiral of despair, I pulled myself out and said to myself, 'I'm getting the exact opposite of what I desire. The Law of Opposites is creating this. Therefore, I must be really close to getting the perfect car in very good condition that I do desire.' That evening, I maintained my focus on my perfect car, and I was on the Internet again and found another car that matched my requirements. I rang the dealer immediately and arranged to view it first thing the next morning. When I viewed the car, it met all my requirements and was in pristine condition, so I bought it on the spot. I managed to manifest this because I maintained the focus of my feelings and thoughts on what I desired. I did not get caught in the trap of focusing on what I didn't want. For if I did this, I would just get more of the same old stuff happening which is what most people do unknowingly throughout their entire life.

Let's step back and look at the much bigger context of our lives. It is actually the programming within your Soul Contract that is initially creating everything in your life which is the opposite of what you are to become while incarnated here on Earth. The key to a fulfilling life through the manifestation of your Soul Destiny/Life Purpose is to become conscious of this important way in which Earthly reality works. Once you understand this secret, you can then consciously work to transmute this deep, underlying, unconscious programming in your Soul Contract that is generating this undesired negative context in your life. As you do this, you will start to gradually manifest more of what you truly desire.

The Law of Opposites is explored in great depth in Neale Donald Walsch's excellent book *Happier Than God* ([Ref 3](#)). Your Soul Contract initially creates a specific subjective reality for you. This is the opposite of what you truly desire and is coming from within you and not being 'done' to you in any way, shape or form although your ego may perceive it this way. It is important not to fall into this trap of unconsciousness; otherwise, the ego will keep you in a place of suffering which is its primary *modus operandi*.

For example, if a soul has decided prior to incarnation that it wishes to re-experience itself as the part of All That Is that is

coming back into its power, it will initially program a life of disempowerment into the Soul Contract. This is where it manifests people and situations around it that create the experience of feeling like a victim. The purpose of this is not for the ego personality expression of the soul, which is a brand new construct in each lifetime, to stay in the place of being a 'victim'. It is actually the opportunity for it to decide not to participate in this victim consciousness reality any more. It can then move towards a place of empowerment of itself and others as part of the soul's mission here on Earth.

Another example is a soul that wishes to become a good communicator and teacher. It would initially program in shyness and unworthiness, within the ego personality, to be eventually overcome so it can express its many lifetimes of great wisdom from the very depths of its being.

A soul may not visit Earth very often, but has decided to incarnate to experience the heavily polarised human emotions on Earth, such as joy and pain, depression and ecstasy, anger and serenity. Initially, it may not embody fully so that the ego personality is not very present or grounded in the body. The result of this is that it cannot feel emotions very well, is not emotionally present with people and cannot relate well to the reality as a result. The purpose of this initial negative context is for the soul to fully embody and learn to navigate the emotional soup of the Earth plane – to be able to eventually learn to properly connect and relate to people and society.

Your karma is your greatest gift

Within the primary karmic challenges you face in your life lie the gifts you are to bring into the world. You probably did not want to hear that! Most people turn away from the hard stuff that they manifest in their life through unconscious behaviour such as numbing out, addictions and general avoidance of these challenges. This is caused by all the fear generated in the ego when it comes to facing them. For your life to happen, these karmic challenges which have been sabotaging your life need to be accessed at a deep level. They need consciousness to be brought to them, and they need to be felt. The fear within the ego mind needs to be overcome as it is blocking you from

feeling and healing your karmic challenges. Fear is only ever in the mind, it is never outside you. For as you are an integral part of All That Is, everything outside you, which the ego can create a fear around, including people, things and situations, is actually only part of you. It is only the ego's fear itself that creates a so-called threat to you, not the perceived external 'threat' itself.

You can overcome your ego-based fears by bringing consciousness to them. This is undertaken by first feeling the negative emotions generated by your karmic challenges. This is the last thing your ego wants you to do. For the more deeply you can bring feeling-based consciousness to a karmic program, the more easily it can be healed and transformed layer by layer into positive qualities (see [Appendix E: 1](#)). These are your gifts of service, the gold you are to bring forth and share in the world. This is an integral part of why you came to Earth in the first place. Once you start to claim your gifts of service, your life will begin to truly unfold.

Decoding your Soul Contract using the process in this book will give you specific recommendations on how to undertake this process. Once you have done a sufficient amount of clearing of your karmic patterns, you will reach a place that I call the threshold of Soul Integration. This is where a sufficiently high enough level of your soul's energy is now transmitting through the limitations of your ego separation programming and your being as a whole. This will then enable you to really start to manifest your true service here on Earth. For true manifestation comes from your soul, the part embodied within you and from your Spirit, the higher dimensional part of you that you are connected to, but that is not embodied. This takes a considerable amount of work, but is well worthwhile and is the true key to living a fulfilled life here on Earth. Up to crossing the point of Soul Integration, you are very much at the mercy of your ego patterns. As you move into the Soul Integration phase, it becomes so much easier to feel and follow what we call the Spiritual Signature. It is defined as the feeling in your body, especially in your heart, of what is the right action to undertake next. This feeling, especially when your heart opens, comes from your soul which is using this to guide you into alignment with your Soul Destiny. The more you develop your ability to

feel, surrender into and trust your Spiritual Signature, the more gracefully and easily your life will flow. The reason life is hard for most people is because they are not following their Spiritual Signature.

For some people, their perception of karma is that it is a universal absolute, something that they are stuck with for what seems like an eternity, to be lived out over many lifetimes. They feel they must work through it, process it and heal it. When your soul is out of a physical body, it has no karma, and never did. Everything that your soul has ever experienced while embodied in all of its different lifetimes is stored in the Akashic Records on the higher dimensions. In Sanskrit, Akasha means 'sky', 'space' or 'aether'. They are like a universal computer that continuously stores and updates all knowledge of all embodied soul experience both human and non-human throughout the Universe. They are the record of the Creator creating through each of us, so it can have access to this experience. Call it Universal cosmic memory. The Akashic Records contain the major themes your soul desires to experience over many lifetimes. It is only when your soul chooses to incarnate that it does pick up on these themes again. Your karma only 'activates' when you choose to incarnate. It is just a part of your soul's programming required in order to play the Game of Separation from Spirit. You have never done anything 'wrong/bad' (cause) at any point of your soul's existence to create it, in order to be subjected to any karmic payback (effect) that you may perceive you are experiencing. It is important to place the concept of karma into its proper context: it is just another program, for then your ego mind can start to drop the judgement and charge around it. When it does this, it releases the 'karmic' programming to be transmuted so much more easily.

Your ego is attached to suffering

The important thing to understand here is that your ego is primarily programmed to stay attached to the suffering of the human condition and to stay locked into the negative context of your soul contract for your entire life. Once you decode your Soul Contract, the full extent of the negative context the soul has programmed into your ego structure will become apparent.

While this may feel daunting initially, it does provide a great opportunity to take a good look at the Spiritual Map of your life that has just been revealed to you. It is time to focus on what you truly desire and so break the power of the spell of suffering the ego has held over you up to this point in your life. Now that you realize that you have been creating everything in your life, both the undesirable and desirable elements, you can at last take full charge of what happens next by owning all of it. The ego places its primary focus on all the undesirable things in your life that you wish would go away, but for some unknown reason do not. This is because of the enormous judgement the ego has placed upon them and the associated bad feelings that go with it. It is important to accept all things in your life exactly as they are, to let go of the judgement and bad feelings. For it is only then that you can start to release the hold they have on you. Then you can start to manifest the life you do desire based on focusing on the things you do want to turn up for you rather than the things you don't.

Why you are reading this book

Your life is one great question/puzzle, with many sub-questions waiting to be addressed. Initially, you may feel you don't know the answers, but as everything is the One Great Spirit/All That Is/God, for every question there is always a matching answer as one cannot exist without the other, just like a wave with its peaks and troughs. You just need to be open to the answers that come to you.

You have clearly been asking questions about your life, because somehow your soul manifested this book to be in your hands. It wants you to discover something important which is perfect for you to know right now. There are no accidents in life. This is a moment of synchronicity for you as the truth of your life is revealed in these pages. Start to pick up the tools that the Soul Contract work hands you to navigate the negative context of your life much more easily. These tools will enable you to overcome the challenges you face more easily, help you manifest your dreams and align you much more to your Soul Destiny/Life Purpose. This is how you can create a much more fulfilling life.

The Soul Contract decoding process

Let us begin the process of decoding your Soul Contract. We will work with the symbol of the Star of David ([Fig 1](#)). This consists of two large triangles. The downward-pointing one represents the physical side of life. We spend the first five cycles of seven years (35 years in total), which is where the seven-year-itch idea comes from, learning to embody and ground here on Earth through gaining conditioned responses as a baby, education, relationships, establishing a career, setting up a home – basically getting up and running. Because of the acceleration of the raising of human consciousness that is occurring now, this process has been greatly accelerated, and people are awakening and moving through this initial physical triangle much faster and at a much younger age.

The large upward-pointing triangle represents the spiritual side of life, the real purpose of why the soul has incarnated in the first place. It contains the aspects of the Soul Contract the soul wishes to deliver as part of its service here on Earth. We generally start the transition from the large downward-pointing physical triangle to the large upward-pointing spiritual triangle around the 6th cycle of seven years, between the ages of 35–42 years. Some call this the midlife crisis. This is where everything in your life may turn upside down. You question all your values and start to seek the real meaning and purpose of your life, and nothing is going to stop you from manifesting that purpose. Some people change careers, relationships, location and even countries in this search for the deeper purpose they came to Earth to manifest. Once you are in the 7th cycle of life, from 42 years onward you will feel a strong drive to really get on with life, to fully manifest that Life Purpose.

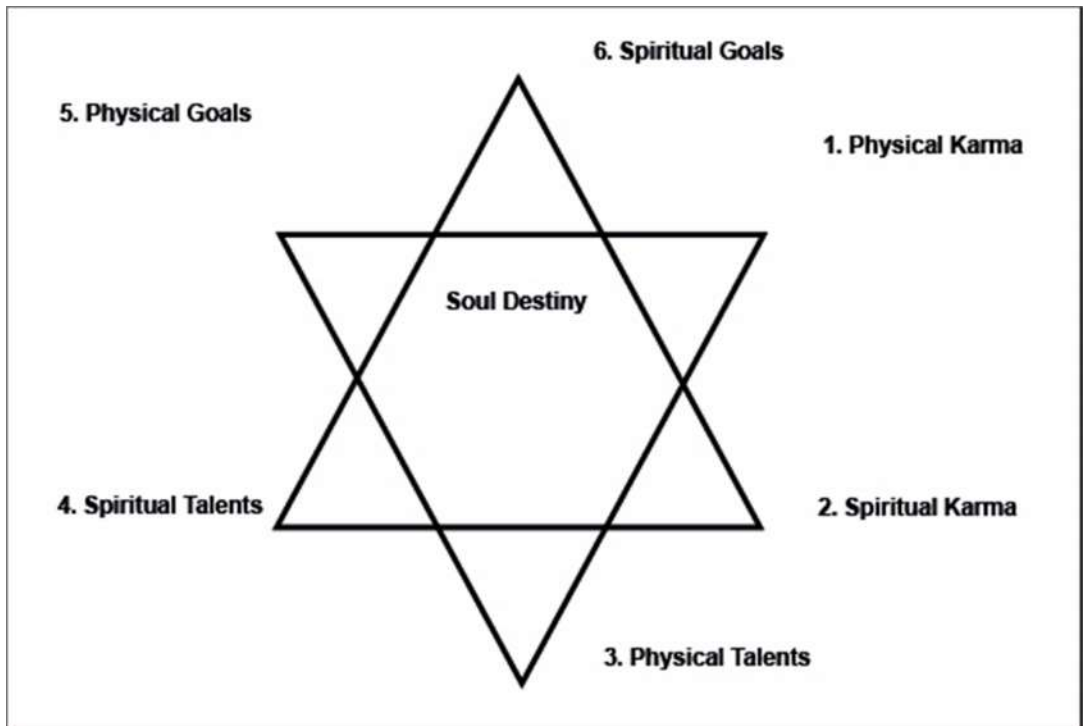


Figure 1: Star of David

However, the spiritual triangle aspects can only be delivered if a firm physical foundation with the large downward-pointing triangle has been established as they will build upon this foundation. Also, the degree of groundedness of the spiritual triangle will determine how well other people can relate to the spiritual gifts that your soul is attempting to deliver onto the Earth plane.

Within the large physical triangle there are three aspects that reside at the points of the triangle. These are Physical Karma, Talents and Goals. By Physical Karma we mean a selection of unresolved past life issues the soul has brought into this lifetime to create the negative context in your life. You are to become conscious of these, take ownership of them and transform them into the positive qualities, gifts of service or gold you are to bring to the physical part of your life.

By Physical Talents we mean the set of latent abilities within your ego personality that are to be brought up into consciousness and honed by working through the physical

karmic issues that are activated from the moment you were born. As the physical talent energies flow into your physical karmic aspect, their ability to overcome these karmic issues depends upon on their relative power and quality versus the karmic issues. By quality we mean, for example, if your physical karmic issue were to learn to become grounded, the quality of a grounded energy in Physical Talents would be helpful. However, if there was an etheric energy in the Physical Talents position, then this would be of little help in grounding as it is the opposite to being grounded.

As the Physical Talents get stronger through time by working through the physical karmic issues, they allow you to start working towards manifesting your Physical Goals. These are like the dreams you have for your life, the underlying drive within you that gets you out of bed in the morning – in short, what you really live for. Again, as for the physical karmic issue, the ability of the Physical Talents to help you manifest more of your Physical Goals depends on their relative power and quality.

All of the above applies to the flow of energy between the Spiritual Karma, talents and goals of the large upward-pointing spiritual triangle as well, but with a more spiritual orientation.

The six aspects of the Star of David run simultaneously. It is just a matter of where your soul is placing its emphasis as you progress through life. Initially, you grow through the physical aspects, then move on to the spiritual aspects. The talents act as a fulcrum or pivotal point to help you move from the karmic experiences towards the goals and determine whether there is enough power to overcome the karma and achieve the goals.

The sum total of all six aspects of the physical and spiritual triangles produces the Soul Destiny or Life Purpose – the meaning of your life, why you came to Earth in the first place – that sits in the middle of the Star of David. This is the answer to the big question you have been asking yourself at some level of your being for your entire life.

The fundamental premise of the Soul Contract work is that in Hebrew, numbers and letters have the same sound and same

written symbol. This is what significantly differentiates this work from other forms of numerology that allocate numbers to the 26 letters of the English alphabet.

Each letter of the English alphabet has a corresponding phonetic sound that matches it within the ancient Hebrew alphabet as well as an integral corresponding number. We use 22 of the Hebrew letters within the Soul Contract work, which represent the numbers 1 to 22.

The decoding of your Soul Contract begins with:

1. The conversion of your birth certificate name, exactly in the order the words are written in, into the equivalent Hebrew phonetic sounds. In some non-English names, the surname comes first and is then followed by the first and middle names.
2. Out of these we can extract the Hebrew numbers.
3. We allocate this linear sequence of numbers, commencing from the physical karmic aspect, around the Star of David in a clockwise, expanding spiral until we run out of numbers.
4. In each of the six aspects comprising the Star of David we calculate the sum of the numbers. This number needs to be within the range 1 to 22 as we only have 22 Hebrew letter/numbers available for interpreting your Soul Contract. If the sum is greater than 22, we reduce the number to the first possible number between 1 and 22: for example, if the total of the numbers in a given aspect is 58, which is greater than 22, then this is simply reduced by going $5 + 8 = 13$.
5. There needs to be a pair of numerical vibrations in each of the six aspects of the chart. Here we have the 13 as the first vibration. In order to calculate the other vibration, we reduce the 13 to the smallest possible number by going $1 + 3 = 4$. This produces the numerical vibrational pair of 13-4, which should be read as 13 dash 4, not 13 minus 4.
6. This pair of numbers represents the entire range of experiences that the soul will go through in a given aspect of its incarnation. If the sum total of an aspect is, for example, 27, this reduces down to $2 + 7 = 9$. In order to

find the other half of the vibrational pair of numbers, we simply go $9 + \text{nothing} = 9$, thus producing what we call a double number, 9-9, as we cannot reduce the 9 any further. If a double number appears in a given aspect of your Soul Contract, this means that your soul is creating a more narrow, clearly defined area of experience. This is only in the pure energies of 9s compared to the wider range of experience of a 13-4. You can think of a 13-4 as being like the hot and cold taps in a shower. Here you are to experience the energy of a pure 13 (hot water) and the pure energy of the 4 (cold water), plus every blend in between the continuum connecting the two of them throughout this lifetime.

7. The sum total of these six aspects produces the Soul Destiny, which is placed in the middle of the Star. This is calculated by adding up all the left-hand numbers of the six aspects to produce, for example, a total of 68. This is reduced to the first number between 1 and 22, which is 14. The sum total of the right-hand numbers of the six aspects produces, for example, 23. This is reduced to the smallest possible number, which is 5. The Soul Destiny therefore becomes 14-5.

The Soul Contract decoding of your birth certificate name reveals the predominant set of energies creating your life in each moment for your entire lifetime. You can think of it as the cake of your life. It is who you are and who you will always be throughout this current incarnation. The effect of name changes through adoption, commonly used names, marriage or change of names through deed poll will be examined in a future book on relationships and name overlays. You can think of these names as different layers of icing you place on the cake of your birth certificate name. They help change it so that you are stimulated to face specific issues in order to overcome them. The infusion of the different flavours of the layers of icing into the cake of your life may help, hinder or have a minimal effect on you.

When this system was originally brought through by Frank Alper in the 1980s, the soul of Moses channelled through quite specific meanings for each of the 22 Hebrew letters. Back then it was called the Spiritual Numerology of Moses. The meaning of

each number depends upon the aspect it appears in within the Star of David. Most of this book will be dedicated to revealing to you the many layers of meaning of your numbers in the seven different aspects of your Soul Contract. We will use case studies to bring this alive for you. These will be composite characters constructed from real-life experience. This decoded knowledge held within your birth certificate name will then enable you to unlock your life. It will answer many of the deep questions you have been asking about your existence.

Most importantly, you will get recommendations on how to begin to resolve these deep questions and move forward to manifesting much more of your Soul Destiny/Life Purpose. These recommendations are based upon 33 years of private session experience, with thousands of clients at the Center for Conscious Ascension. We have been developing and using the Soul Contract Reading work continuously to deliver readings directly to clients to reveal the Spiritual Map of Life to them. We use this map as our guiding light when taking them through the consciousnessawakening work we offer.

In summary, this book will enable you to decode your Soul Contract that is inherent within the sounds of God, in the form of ancient Hebrew, in your birth certificate name. You will understand and bring into consciousness the negative context of your karmic patterns. It will reveal to you the latent talents you have to overcome these karmic patterns. It will show you what your goals/dreams are, and, most importantly, it will show you your Soul Destiny/Life Purpose and how to deliver your gift of service within all of this to the world.

Chapter 2

Decoding your birth certificate name, the Spiritual Map of your life

Ancient Hebrew emerges from the movement and sound of God

Hebrew is a sacred language that comes directly out of the movement and sound of God/All That Is/Great Spirit in the Creation of the Universe. This movement is contained in one of the most sacred geometric symbols on Earth called the Flower of Life ([Fig 2](#), [Ref 4](#)). Out of this comes the geometric form of the tube torus and from within that the Flame of Consciousness. When the latter is placed within a Star Tetrahedron and light is projected through it in various geometric directions, it reveals all of the letters of the Hebrew alphabet. This was discovered by Stan Tenen ([Ref 5](#)). Sanskrit, another sacred language, when used in Indian Vedic readings, produces the same interpretations as the Soul Contract Reading work.

The Soul Contract work, which used to be available in ancient times, is being made available once again in these times of great change. This is where there is a rapidly accelerating rise in human consciousness that we call the Ascension process, where we are all moving in consciousness to knowing and feeling that we are ultimately all part of only One Unified Consciousness, the All That Is/Great Spirit. We have been playing what is called a Game of Separation from Spirit for hundreds of thousands of years. This is where God/All That Is/Great Spirit separated parts of itself into unconsciousness, so that they would forget that they were part of All That Is. It had them come into a reality where these parts were embodied in physical form and experienced that they were separate from God. These parts are us, incarnate in this Earthly reality. The process of life is about gradually awakening to, experiencing and remembering the different parts of ourselves, as decoded by the Soul Contract work, as integral parts of All That Is.

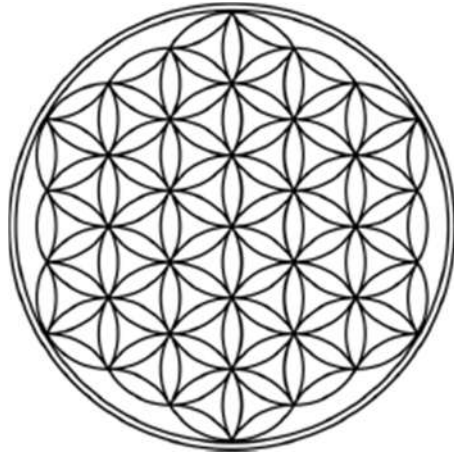


Figure 2: Flower of Life

TABLE 1: THE 22 ANCIENT HEBREW LETTERS

Formal Hebrew script	English written form	English phonetic pronunciation	English letter	Numerological value
א	Aleph	Aleph	A	1
ב	Beth	Bet	B	2
ג	Gimel	Gimel	G	3
ד	Daled	Daled	D	4
ה	Heh	Hey	H, E	5
ו	Vuv	Vuv	V, O, U, W	6
ז	Zion	Zion	Z	7
ח	Ches	'Hrres' guttural sound with rolled 'r's'	CH	8
ט	Tes	Tes	T	9
י	Yod	Yud	I, J	10
כ	Caf	Caf	C	11
ל	Lamed	Lamed	L	12
מ	Mem	Mem	M	13
נ	Nun	Nun	N	14
ס	Samech	Samech as in 'Bach'	S, X	15
ע	Ayen	Ayen	Y	16
פ	Peh	Pay	P, F	17
צ	Tzaddi	Tzaddi	TZ	18
ק	Kof	Kof	K, Q	19
ר	Resch	Rraysh	R	20
ש	Shin	Shin	SH	21
ת	Tau	Tau	TA	22

This table illustrates the 22 Hebrew letters we use in the Soul Contract work. Hebrew is used phonetically, therefore there is no separation between consonants and vowels. It is pronounced as it is written and is a very guttural language. The first column illustrates the formalized written script that comes directly out of the movement of the Spirit of God. The second column shows the English written form. The third column shows the English phonetic pronunciation. The fourth column shows the equivalent English letter(s), and the last column shows the numerological value.

To hear the phonetic pronunciation of Hebrew, go to: centerforconsciousascension.net

Mouse over 'Books', then 'Your Soul Contract Decoded'.

TABLE 2: CORRELATION BETWEEN ENGLISH AND HEBREW SOUNDS

English letter	English written form	English phonetic pronunciation	Numerological value
A	Aleph	Aleph	1
B	Beth	Bet	2
C	Caf	Caf	11
D	Daled	Daled	4
E	Heh	Hey	5
F	Tzaddi	Tzaddi	18
G	Gimel	Gimel	3
H	Heh	Hey	5
I	Yod	Yud	10
J	Yod	Yud	10
K	Kof	Kof	19
L	Lamed	Lamed	12
M	Mem	Mem	13
N	Nun	Nun	14
O	Vuv	Vuv	6
P	Peh	Pay	17
Q	Kof	Kof	19
R	Resch	Rraysh	20
S	Samech	Samech	15
T	Tes	Tes	9
U	Vuv	Vuv	6
V	Vuv	Vuv	6
W	Vuv	Vuv	6
X	Samech	Samech	15
Y	Ayen	Ayen	16
Z	Zion	Zion	7

Hebrew letters and numbers do not directly correspond to English letters. However, in the Soul Contract work, there is a correlation between Hebrew and English that allows for the translation of English sounds into Hebrew letters and then into numbers as shown in this table.

TABLE 3: COMBINATION LETTERS

English letter	English written form	English phonetic pronunciation	Numerological value
AH	Heh	Hay	5
CH	Ches	'Hrres' guttural sound with rolled 'r's'	8
WH	Ayen	Ayen	16
TZ	Tzaddi	Tzaddi	18
SH	Shin	Shin	21
TA	Tau	Tau	22
TH	Tau	Tau	22
Final 'M'	Mem	Mem	12
Final 'P'	Peh	Pay	12

In this table, combination letters are shown. When these appear in a name, they take **precedence** over two single letters. When generating a Soul Contract chart, it is important to first check for the presence of combination letters before converting all the letters into Hebrew numbers, for if you miss one, you will generate an incorrect chart. If you did not realize your mistake and proceeded to prepare the interpretations of the chart, you will end up wasting several hours of your time and will need to start again from the beginning.

The layered interpretation approach

The interpretations within this book are laid out in layers in a topdown manner. Initially, we will describe the top-level meaning of each number, in the Karma, Talent and Goal aspects of your chart, so that you can connect with the essence of each number. As you start to do this, the differences in the qualities, power and levels of consciousness of each number will start to become apparent. Subsequent deeper levels of interpretations will look at the meaning of your numbers specifically in the Physical Karma, Talent and Goal aspects, then the Spiritual Karma, Talent and Goal aspects as well as the Soul Destiny. We will also go even deeper through the

examination of additional pathways of interpreting the numbers, including the symbols associated with them, directions, bodily organs, astrological signs and planetary influence, and bodily functions.

You may not get all of the meaning of the interpretations straight away because of the level of truth they resonate at. It takes time to assimilate them. Therefore it is necessary to revisit the different layers of interpretations several times in order for it to enter your consciousness more fully. This is fine and is the normal process for learning this work. I would like to emphasize to you that practice makes perfect. Just allow it to gently percolate in; there is no need to create strain in this process. I suggest you go with your natural learning flow here. Be patient. When you do, this will pay great dividends, as you will get the result you are seeking which is the full decoding of your Soul Contract and the understanding of the Spiritual Map of your life so you can then get on and fully live it.

The Tree of Life

Let us begin with the top-down explanation of the interpretations of all of the 22 Hebrew numbers. We will start with a big picture overview by looking at the Tree of Life which emerges from Kabbalistic tradition. This shows how all of the 22 Hebrew numbers emerge from God/All That Is/The Divine Creator. It may feel overwhelming at first to see all the numbers in one place like this. If your mind experiences some struggle as it attempts to comprehend the full meaning that is presented here, do not worry; by the time you have been through all the layers of interpretations several times, it will all start to make sense. Just allow it to be what it is for now. Think of the Tree of Life as a summary of the whole book that you need to be aware of, so that as you learn each number, you can place it into its overall context. As you progress and gradually assimilate the layers of the Soul Contract work, I recommend you refer back to the Tree of Life occasionally to see where these different layers fit into the bigger picture of this work. Gradually, the Tree of Life will start to make sense to you.

TABLE 4: THE TREE OF LIFE

Divine Creator – Universal Love		
Mother Letters		
A	M	SH
1 – Aleph	13 – Mem	21 – Shin
Air	Water	Fire
Crown	Wisdom	Intelligence
Pluto	Neptune	Uranus

Double Letters			
B	G	D	C
2 – Beth	3 – Gimel	4 – Daled	11 – Caf
Foolishness to Wisdom	Poverty to Wealth	Barren to Fruitful	Death to Life
Height	Depth	East	West
Right Eye	Right Ear	Right Nostril	Left Eye
Moon	Mars	Sun	Venus

P	R	TA
17 – Peh	20 – Resch	22 – Tau
Slavery to Dominion	War to Peace	Ugliness to Beauty
North	South	Temple
Left Ear	Left Nostril	Mouth
Mercury	Saturn	Jupiter

Twelve Simple Letters		
H	V	Z
5 – Heh	6 – Vuv	7 – Zion
Right Foot	Right Kidney	Left Foot
Aries	Taurus	Gemini
Speech	Thought	Action

K	CH	T
19 – Kof	8 – Ches	9 – Tes
Spleen	Right Hand	Left Kidney
Pisces	Cancer	Leo
Laughter	Sight	Hearing

I	L	N
10 – Yod	12 – Lamed	14 – Nun
Left Hand	Gall	Small Intestine
Virgo	Libra	Scorpio
Work	Coition	Smell

S	Y	TZ
15 – Samech	16 – Ayen	18 – Tzaddi
Stomach	Liver	Oesophagus
Sagittarius	Capricorn.	Aquarius
Sleep	Anger	Swallow

Let us examine the Tree of Life. The 22 Hebrew letters contained within it correspond to the Major Arcana of the Tarot. It is also based on the Star of David, the six-pointed star, which emerges from Hebrew tradition. In fact, the correct term is Shield of David. The Star of David is a gateway for consciousness to enter this Earthly reality ([Ref 6](#)).

The Tree of Life contains every type of frequency a soul could possibly carry when exploring incarnate life on Earth and progressively experiences more of itself as part of All That Is. There are three different energetic power structures within the Tree of Life:

1. Mother Letters
2. Double Letters
3. Simple Letters

We will now look at each letter in turn and what they really mean.

The Mother Letters of Creation

Out of the first sound of God in the creation of this Universe come the three Mother Letters of Creation. They represent the trinity of vibrations that comprise God: the Divine Masculine, Divine Feminine and Divine Mother aspects. They inherently carry the Power of God. If you have these energies in your Soul Contract, then you have access to this Divine Power once you have come fully into their positive qualities.

TABLE 5: MOTHER ENERGIES OF CREATION

Mother Letters			
Trinity of God's energies	A	M	SH
Hebrew	Aleph	Mem	Shin
Number	1	13	21
Initiation of	Air	Water	Fire
	Crown	Wisdom	Intelligence
Apex of	Achievement	Soul	Mind
Planet	Pluto	Neptune	Uranus

Each of the Mother Letters has a specific spiritual initiation associated with it. As your Spirit started to first experience itself being separate from All That Is, the first initiation it experienced was the **Initiation of Air**. This is where the young, newly formed Spirit learns to manoeuvre in the higher dimensions as an individuated consciousness for the first time. Once this has been mastered, the Spirit starts to incarnate into physical embodiment in the **Initiation of Water**. It creates an ego personality expression that acts like its interface with the Earth's emotional plane. The personality explores the depths of dense human emotions for the first time. It starts to engage with the negative context created by its Soul Contract, to re-experience itself as All That Is in a specific way by working through and transmuting the associated emotions. When a consciousness personality expression of the soul has awakened

sufficiently to begin to connect to their channel (connection to Spirit), the **Initiation of Fire** commences. This is where the soul of Solomon begins to work consciously or silently with the ego personality to burn out a big layer of separation programming. This has formed the primary barrier to the personality following their Spirit without hesitation with each breath and each step. This process is a big wake-up call and can range from being quite gentle emotionally to being very intense. There is no Initiation of Earth as the energies of Earth are confined to this planet.

There is an apex associated with the three Mother Letters of Creation. Aleph (1), the Divine Masculine, has the Crown, which is the Apex of Achievement. It is like the archetypal King, the wise ruler. Mem (13) is the Divine Feminine and is all about Wisdom; it is the Apex of Soul. Shin (21), the Divine Mother, is the Apex of Intelligence.

There is also a planet associated with each of the Mother Letters. These act to refract Universal Light/Consciousness that is coming to Earth to assist the evolution of human consciousness. Each is of a different size and carries different qualities to help us in different areas of our lives. We will look at these in greater depth in [Chapter 4](#).

The Double Letters

As God's consciousness continued to expand, the Mother Letters gave birth to the seven Double Letters. They are called this because they serve a dual function for us. They hold the polarity of duality on the Earth plane of karmic cause and effect. These seven letters are related to the seven measures of direction and also to the seven planets. The sun is excluded here. The Double Letters create intense lessons when they appear in the karmic and goal aspects of your Soul Contract as they hold the basic karmic vibrations, which all souls who come into the Earth plane must endure and overcome to grow in consciousness. If one of these letters appears in a karmic aspect for you, it is important to grasp the breadth and scope of the karmic experiences it is creating for you to endure and transmute. For out of this understanding will come the means

to work through the pattern as efficiently and as gracefully as possible.

TABLE 6: DOUBLE LETTERS

Double Letters						
B	G	D	C	P	R	TA
2 – Beth	3 – Gimel	4 – Daled	11 – Caf	17 – Peh	20 – Resch	22 – Tau

Think of these karmic patterns as a lesson, a negative contextual experience for you to transmute and overcome. They are not some sort of punishment or karmic retribution because of what your soul got up to with a different ego personality expression in a past life(s) (see [Fig 3, p28](#)). When you have worked through enough of the karmic pattern, you cross what I term a threshold of integration. Once you have achieved this, you can begin to access the positive qualities and gifts of service contained within them: for example, you may be enduring the karmic quality of disempowerment and feeling like a victim. As you gradually claim back more and more of your power, you will learn about the proper and judicious use of your power from this direct experience.

Understanding this concept usually comes first. Applying it directly in your life requires you to consistently bring consciousness to a specific karmic pattern. This requires focus, trust and belief that it will eventually be transmuted and, most importantly, accessing your spiritual will to drive the whole process. No karmic pattern has been put in place to defeat you, which is how it may feel at first as you work through it. There is a key to all 22 letters contained within the Soul Contract work. It is all a matter of being open and receptive to how your soul wants to hand you the keys so that you can use them to unlock your karmic and goal aspects. As you undertake this, you can move forward with your life to manifest more of your Soul Destiny/Life Purpose. The recommendations in [Chapter 10](#) contain these keys. The way you apply these keys is also important.

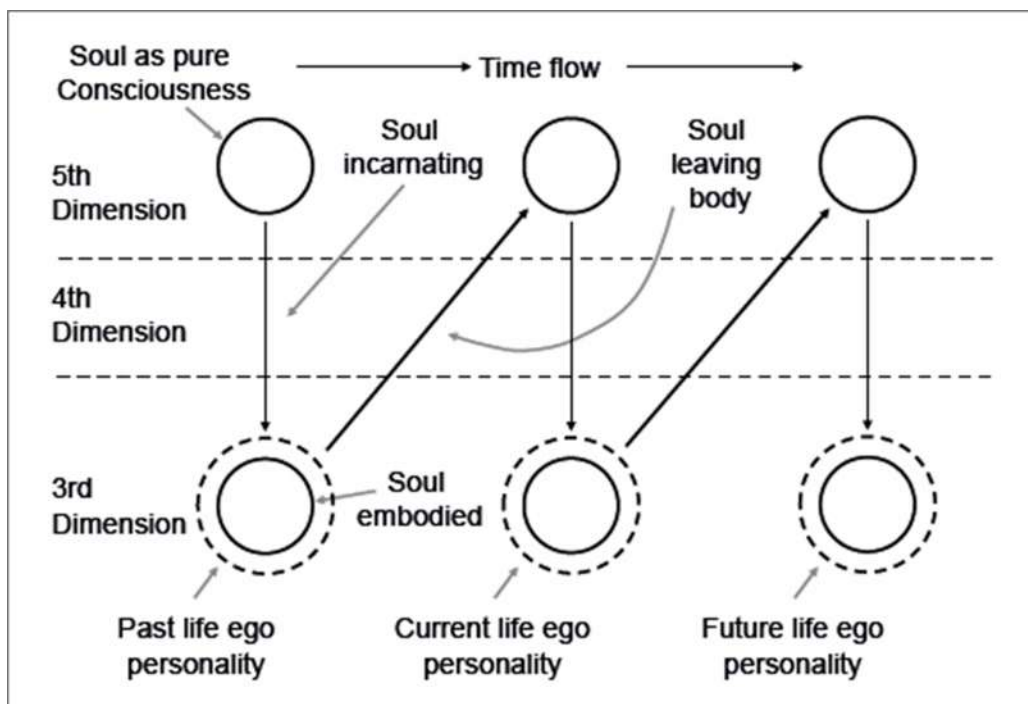


Figure 3: Soul creating new ego personalities with each incarnation

When you are transmuting a karmic pattern with the key(s) your soul has handed you, the ego's dark voice will often say to you that you are never going to overcome the pattern. Ignore it and be aware that this is part of the ego-programming defence mechanisms that are trying to put you off from transmuting the pattern. Another thing that happens near the end of the transmutation process is that the ego may generate the feeling that you are going to die if you continue the healing process on the pattern. This is good news for you, for it means that only a very thin layer of that programming remains within you and you have nearly completed its transmutation. It is important here to use your spiritual will to keep moving forward to complete the transmutation process. For this is the ego's last-ditch attempt to stop you. It is actually a layer of the ego that is doing the dying, not you. You will know when the transmutation process is complete with that pattern, because the feeling of wanting to die will be gone. You will still be standing there starting to engage with and expressing the positive qualities, the gifts that have emerged out of the karmic pattern.

The other thing that happens as you transmute a karmic pattern is that you transmute one layer; then several months or years later, the same pattern appears again in a different guise in your life. The first thing that you may think is that 'I've done something wrong. Why is this karmic pattern here again? I must've missed something when I was healing it last time'. Just know that nothing has gone wrong here! What is really happening is that a finer layer of the same programming is coming out of your system to be transmuted. The soul moves through different aspects of your Soul Contract when you are embodied and in its own divine order triggers them to be transmuted.

Let us use the metaphor of the stupa ([Fig 4](#)), the mound-like structure containing Buddhist relics, which is used in the Indian subcontinent's spiritual traditions to represent the path of growth. You begin at the bottom of the stupa. The clockwise rising spiral is you on your path of growth, transmuting your karmic patterns, moving ever higher in consciousness. Now, imagine the dotted vertical line as a specific repeating karmic pattern that is a life theme for you: for example, overcoming disempowerment. Each time the spiral of your pathway to higher consciousness crosses the dotted line, you manifest a disempowering situation in your external Earthly reality to transmute. The first time this occurs, it might be something like an abusive family environment as a young child. The second time you cross the dotted line on your journey, it could be bullying at school. Subsequent times could be experiencing being victimized at work and in relationships. Each time you transmute these ever-finer layers of karmic programming, which your soul is manifesting for you, you come a little more into your power. There are many vertical dotted lines on the stupa of your life. As you transmute the many layers of the issues contained within each of them, you move higher in consciousness. If you manage to achieve all of this, eventually you will reach the top of the stupa. This is a place of enlightenment, where you have transmuted enough of the ego programming put in place by the soul to become free of the suffering it creates within the human condition. You have become the walking, talking, thinking and feeling expression of your soul. Your soul's impulses and your human personality

impulses are one and the same thing. You inherently feel reconnected to the love of All That Is, for the majority of time.

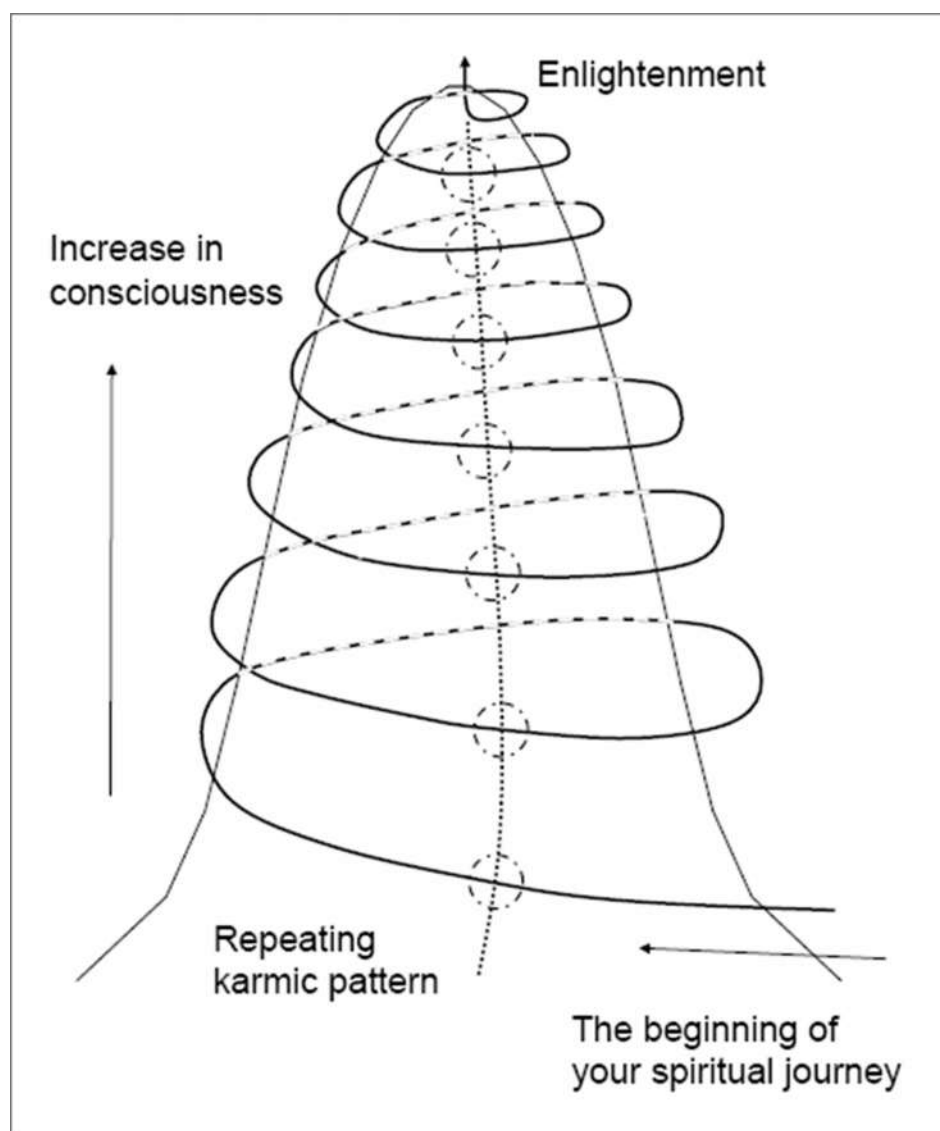


Figure 4: The Stupa: a path of conscious growth

Let us delve more deeply into the meaning of the intensity of the polarised dualistic karmic patterns of cause and effect contained within the Double Letters. The interpretations that follow for all of the numbers in this book aim to describe the full extent of how they can create your life experience. Your subjective experience may include some or all of the experiences described. This all depends on how your soul has

decided to manifest the pattern in a given aspect of your Soul Contract and how far you have navigated through your Spiritual Map of Life.

B: Beth 2 Foolishness to Wisdom

1. With this energy, you make impulsive, foolish decisions based purely upon your emotions.
2. You are having a knee-jerk reaction to a situation, rather than basing your decision and subsequent actions on past experience.
3. You are here to learn and experience how to achieve a positive outcome. This will require much trial and error on your part, with many 'mistakes'.
4. Out of these you will develop wisdom so that eventually you will learn to make wise, considered decisions.
5. In this case, the initial foolishness you experience in life is the pathway to great wisdom.
6. When you have assimilated enough wisdom, you may end up sharing or teaching it to others to help them in their lives.

G: Gimel 3 Poverty to Wealth

1. This is all about transmuting the feeling of deep unworthiness to be loved by God.
2. There can be a feeling of being unfit for emotional human consumption by others, basically not being good enough to connect with and relate to them.
3. Initially, you may not be able to feel the unworthiness because it is buried deep within the subconscious recesses of the ego.
4. This manifests as lessons in understanding abundance through healing and transmuting the layers of unworthiness within you.

5. You may be manifesting physical poverty in your life, eg debts, which are directly linked to the feelings of unworthiness and low self-esteem within.

6. Another manifestation of this could be enormous physical wealth in your outer reality but complete emotional poverty in your inner reality.

7. The soul wishes you to experience transmuting the layers of unworthiness so that you move to a place of greater self-worth. This will result in the manifestation of greater physical and/or emotional wealth in your life.

D: Daled 4 Barren to Fruitful

1. You are experiencing moving to a place of totally trusting in the flow of God/Spirit/The Universe in all areas of your life. This is all about feeling connected to the flow of life's abundance.

2. Initially, as you begin to work through this karmic pattern, you would feel insecure about everything in life. You would not trust that anything can be there for you. This can result in being very self-centred as a child so that you hang on to whatever little you perceive you have.

3. The key experience your soul is creating for you is that as you learn to trust in the flow of life and share of it with others, more will come to you.

4. Having children may manifest for you so you can learn to share of yourself unconditionally in their upbringing.

5. Ultimately, your soul wishes you to move to a place of having complete faith that the Universe will support you in all of your endeavours in life. The more you trust, the more will flow to you.

C: Caf 11 Death to Life

1. This is one of the most extreme karmic polarity experiences out of all the double letters. You are here to learn all about valuing life.

2. This usually manifests in you having near-death experiences, experiencing the loss of close friends and relatives, serious or terminal illnesses, miscarriages and abortions, and the loss of close relationships, some through the impulsive actions of the 2 associated with the 11.

3. Through the experience of loss, the soul desires to generate a rapid transformation of your consciousness. The speed of this transformation will create great intensity for you. It will trigger you to question and review your fundamental values about life as a result.

4. This rapid transformation is a metaphor for the death of who you perceive yourself to be now and the birth into a higher state of consciousness.

5. Occasionally, you may go through one of these deaths of the self-cycles without the catalytic effect of the enormous shock of a death or illness.

P: Peh 17 Slavery to Dominion

1. Your soul may choose to experience through you being a 'Slave' by placing you in a subservient position to someone seemingly more powerful.

2. This may be oppressive parents or siblings. It might be where you have placed yourself in the role of a disciple in the presence of a Master or Guru. This is where you have given away all your power and look to the Master for all the answers.

3. Ultimately, you are here to learn to break away from the family oppression or the Master and take back your power, to have sovereignty over your dominion, your world. This slave identity your ego has created is often hard to let go of because there is an energetic drain on the 'Master'. If this is to change, you as the 'Slave' will have to take responsibility for yourself, which could be very challenging.

4. Many stay stuck in this one as it can be hard to break out of. This can be played out in couples, families and at work. You may play this out with the same group of souls in different

incarnations down the timeline to experience all aspects of this energy. Ultimately, you as the 'Slave' need to claim back your power by separating from the 'Master'. This is often emotionally toxic.

R: Resch 20 War to Peace

1. You are experiencing intense internal emotional conflict which arises from the malabsorption of untruths from others, especially parents. This is in this lifetime and from unresolved conflicts your soul is carrying from past lives.

2. These untruths are conflicting with each other, and as your system is refusing to absorb them, they sit in your subtle energy bodies creating havoc in your inner and outer life.

3. This is extremely intense emotionally. You may experience huge emotional ups and downs as you go to war internally with yourself. It can also manifest externally in your life either as the physical experience of going to war or the metaphorical 'war' with another individual over a long period of time, eg a family member, partner or someone at work.

4. This may go on for a whole lifetime until you learn that it is just not worth it, stop engaging in the conflict and walk away from it.

5. This will happen when you feel sufficiently good enough about yourself, thereby creating inner peace. This will then manifest in your outer reality as a reduction and eventually disappearance of conflict. Your lesson is recognizing that you have a choice to either engage in the conflict or not.

TA: Tau 22 Ugliness to Beauty

1. The question your soul is asking you is 'What is beauty really?' Is it how you and others appear on the surface or is it how you feel deep inside about yourself or others?

2. You may find this energy emotionally toxic as your ego may be in complete denial of your inner beauty. This can create

great internal turmoil and pain, which plays out as destructive behaviour. You may severely judge yourself in the process.

3. This number may manifest itself as a physical or mental disability or illness. There may be an obsession with physical appearance that can go to the extreme of having plastic surgery to alter your outward appearance.

4. This is all about your great self-denial and rejection. As you grow in consciousness, you will gradually learn to accept yourself. Then you can bring out the positive talent aspects of this number which, ironically, you have a lot of, but were initially unaware of.

The Simple Letters

The Double Letters give birth to the third tier of numbers in the Tree of Life called the Simple Letters. Each simple letter relates to an **organ of expression** within the physical body, an **astrological symbol** and to an **action of expression**.

In the Soul Contract work, we handle astrology differently. If an astrological sign appears in a karmic aspect of your chart, then you are here to endure the negative expression of the energies of that sign so as to free yourself from its limitations and thus come into its positive qualities. As you transcend this sign, you will be able to draw upon the energies from all the other astrological signs in your Soul Contract.

The 12 Simple Letters correspond to the 12 intersections of the Star of David. These energies can never be completed. Their scope will expand as humanity grows in consciousness, and 12 more will be born as we move closer towards God/All That Is in consciousness.

TABLE 7: TWELVE SIMPLE LETTERS

Twelve simple letters					
H	V	Z	K	CH	T
5	6	7	19	8	9
Heh	Vuv	Zion	Kof	Ches	Tes

I	L	N	S	Y	TZ
10	12	14	15	16	18
Yod	Lamed	Nun	Samech	Ayen	Tzaddi

Number categories

TABLE 8: NUMBER CATEGORIES

Spiritual	1, 5, 9, 10, 13, 14, 15, 22	more fluid symbols
Physical	4, 6, 8, 11, 16, 19, 21, 22	more geometric symbols
Creative	5, 6, 9, 12, 18, 22	
Communications	1, 2, 3, 5, 7, 17, 20, 22	

The numbers associated with each letter in your birth name can be categorized into four types: spiritual, physical, creative and communications. If there are too many in one category, this could lead to you feeling out of balance.

Chapter 3

Methodology for creating and generating numbers

Generating a chart: the Star of David

Now that you have had a taste for the meaning of some of the numbers, we move on to generating a chart from scratch. There are two ways to do this:

1. Manually as described in this chapter so that you have an indepth understanding of the number generating methodology;
2. Through the use of web-based software (available for a free number of chart generations, then a small monthly fee), if you feel you need some help with the number generation process to ensure you get an accurate result. However, this still requires you to absorb the learning from this chapter to ensure that you enter the phonetic sounds of your name correctly in the software and that you understand how the process works. Go to centerforconsciousascension.net and click on 'Books', then 'Your Soul Contract Decoded'.

For manual chart generation, you will need a Star of David to work with. You can download this as a PDF file from our website. Go to centerforconsciousascension.net and click on 'Books', then on 'Your Soul Contract Decoded'.

Or you can draw a Star of David by hand. It will need to look something like this:

SOUL CONTRACT READING

6. Spiritual Goals

5. Physical Goals

1. Physical Karma

4. Spiritual Talents

2. Spiritual Karma

3. Physical Talents

Soul Destiny

Physical Karma	
Physical Talents	
Physical Goals	
Spiritual Karma	
Spiritual Talents	
Spiritual Goals	
Total	
Soul Destiny	
Dominant Vibration	

Figure 5: Star of David

- 1. Writing out the birth name phonetically

38

The Soul Contract work is based upon the core principle of the direct conversion of English phonetic sounds into ancient Hebrew phonetic sounds. Normally for English names, the first thing to do is to write out your name as it appears on your birth certificate exactly as it is spelt. It pays to actually physically check the birth certificate if you are not 100% sure, because in working practice I have found that some people assume their name was one thing, but when they checked the birth certificate, it was slightly different: for example, they may use 'Denis' as the common spelling of their first name, but upon checking the birth certificate, it turns out to have been spelt 'Dennis'. This is the correct name to use when decoding that name. Sometimes people discover that what they think is their first name is actually their middle name and that the real first name was not used.

Generally, English names are pronounced as they are spelt 90–95% of the time. By pronunciation, I mean as your parents would have said the name at the time they registered your birth: for example, if you have the surname 'St John', the actual English phonetic pronunciation you need to use for generating a chart is 'Sin Jin', not 'Saint John'.

If your parents used a non-English pronunciation of some or all of your birth certificate name, then the non-English pronounced words in your name need to be converted into the equivalent English phonetic sounds prior to conversion into Hebrew phonetic sounds: if you have French, Chinese, Polish elements, etc, refer to Appendix A: Non-written English and non-English phonetics.

If you do not have a birth certificate, the name to use is the one your parents intended you to have at the time of birth in the language(s) they were using at the time. If you are able to, I would suggest you check with them what this intention was to be absolutely sure you have the right name for the Soul Contract decoding process.

If you were adopted, then you need to decode the Soul Contract for both the first birth certificate issued after you were born and the second birth certificate issued after you were adopted. I had one case where someone had 'BOY' written on his birth

certificate, and this turned out to be his true Soul Contract. Usually, the combination of the two read together is required to reveal your Spiritual Map of Life.

Key points: Your birth certificate name is written out in English phonetic sounds that are as close as possible to the sounds your parents used when they named you at birth.

SOUL CONTRACT READING

MICHAEL WILLIAM SAMPSON

13-10-8-1-5-12-6-10-12-12-10-1-13-15-1-13-17-15-6-14

6. Spiritual Goals

5. Physical Goals

1. Physical Karma

4. Spiritual Talents

2. Spiritual Karma

3. Physical Talents

Soul Destiny

Physical Karma	
Physical Talents	
Physical Goals	
Spiritual Karma	
Spiritual Talents	
Spiritual Goals	
Total	
Soul Destiny	
Dominant Vibration	

Figure 6: Allocating Hebrew numbers to the letter sounds

We will use various case studies throughout this book to illustrate the decoding and interpretation of Soul Contract charts. In this first example, we will look at our case study 1 name 'Michael William Sampson'. This case study is a composite of many real people's lives who have received Soul Contract Readings.

At first glance, this name is pronounced as it is written. Take a blank Star of David worksheet and simply write 'MICHAEL WILLIAM SAMPSON' in capitals on the top line.

2. Checking for combination letters

The next thing to do is to check for combination letters before allocating the Hebrew numbers to the English phonetic sounds. This is where two individual letters, when adjacent to each other, form a different Hebrew phonetic sound that takes **precedence** over the two individual letters in terms of allocating Hebrew numbers to them.

Using the Table of combination letters and looking along the sequence of letters we have put down for 'MICHAEL WILLIAM SAMPSON', we find one combination letter with the 'CH' in 'Michael'. To denote this, draw a little bridge symbol to connect the 'C' and the 'H' to remind you that the combination of the two letters makes one phonetic Hebrew sound – the 'CH' – when allocating the Hebrew numbers. It is important that you take your time and ensure you pick up on all the combination letters in your name; otherwise, you will end up with the incorrect numbers. This can result in you wasting a lot of time looking at the wrong interpretations in the subsequent incorrect decoding of your Soul Contract.

Key points: *First check for combination letters, then draw a bridge between them.*

3. Allocating the Hebrew numbers to the letters

Now, allocate the Hebrew numbers to the letters. Insert a dash between each number so they are clearly separated. That way, you can differentiate single-digit from double-digit numbers. Count the number of phonetic English sounds we are using

here. In this case, it is 20, with combination letters counting as one sound. Check that you have the same number of Hebrew numbers in the line below the Hebrew letters as they should correspond to the exact same number of English phonetic sounds. In this case, there are also 20. If you discover that there is a different number of Hebrew numbers, then you need to go back and check your number allocation as you may have missed a number somewhere.

Key points: *Allocate Hebrew numbers to the single and any combination letters. Check that the number of numbers and the number of letter sounds you are matching them to are equal.*

4. Assigning the Hebrew numbers on the Star of David

Starting at the physical karmic aspect, assign the numbers in a clockwise expanding spiral around the Star of David. Cross off each number as you allocate it as a check that you have used all numbers. Take your time here to ensure you stay in sequence. The average person's name contains 15–18 letters. The next diagram shows the beginning of this process. The arrows show how each number from the top line is allocated around the Star of David.

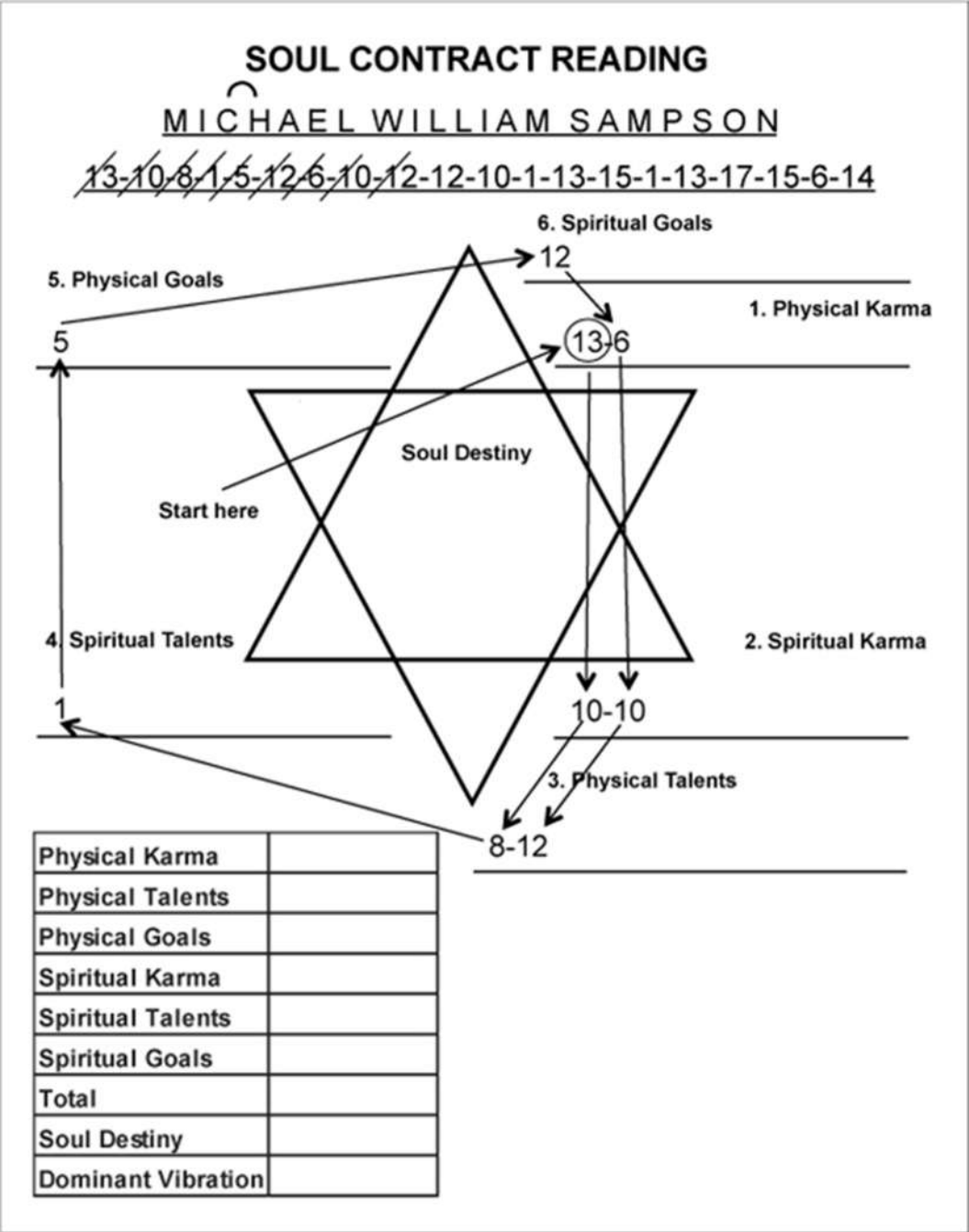


Figure 7: Assigning Hebrew numbers on the Star of David

We continue allocating the numbers around the Star of David in a clockwise direction, crossing them off as we go, until we run out of them. Then the completed number allocation process should look like [Figure 8](#).

Key points: Starting at Physical Karma, allocate the numbers clockwise around the Star of David until you run out of them.

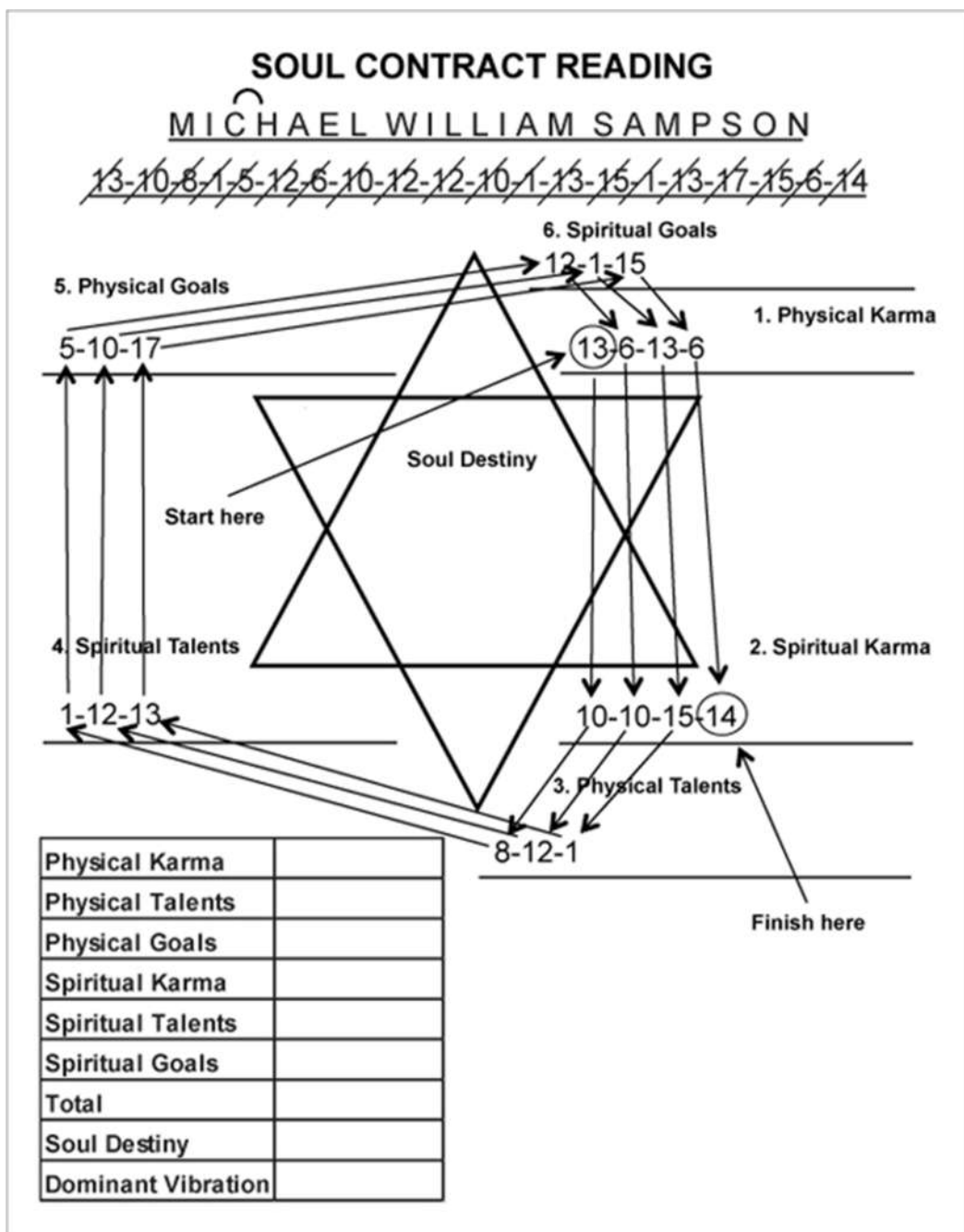


Figure 8: Completed number allocation process for the Star of David

5. Minimum number of phonetic sounds required

You need a **minimum of ten phonetic Hebrew sounds** to generate a full six-pointed Star of David chart. If you have less than ten phonetic sounds, you will need to run a three-pointed Star (single triangle) instead (Fig 9). This uses generic karma, talents and goals. There is no Soul Destiny in this case. If the birth certificate name, for example, was 'Bart Alan', we only have seven phonetic Hebrew sounds within the name. Please carefully note that the 'T' of the 'Bart' and the 'A' of the 'Alan' form a combination letter, even though they are in two separate adjacent words of the name. Think of all the individual words in a name as a continuous stream of phonetic sounds from the beginning of the first word to the end of the last word.

You will need a single triangle to work with. You can draw one by hand which needs to look like the following triangle or you can download it as a PDF file: go to centerforconsciousascension.net and click on 'Books', then on 'Your Soul Contract Decoded'.

Key points: *If you have less than ten phonetic Hebrew sounds, use a single triangle to analyse them.*

SOUL CONTRACT READING

Goals

Talents

Karma

Karma	
Talents	
Goals	

Figure 9: Single triangle (three-pointed Star)

However, on very *rare* occasions, we have found in working practice that a decoded name has a better fit to your subjective life experience if the two adjacent phonetic sounds which would normally be counted as a one combination letter sound are treated as two separate sounds for the purposes of generating the Hebrew numbers. This occurs when there is a distinct break in the sound between the two individual letters. Best practice in this sort of situation is to prepare two charts: one that uses the combination letter bridging two words in the name and another that treats the two adjacent sounds

separately. Check to see how well the karmic and goal patterns fit your life experience and pick the one with the best fit.

Key points: 98% of the time using a combination letter is correct when it is formed from two adjacent phonetic sounds in two separate words forming a name.

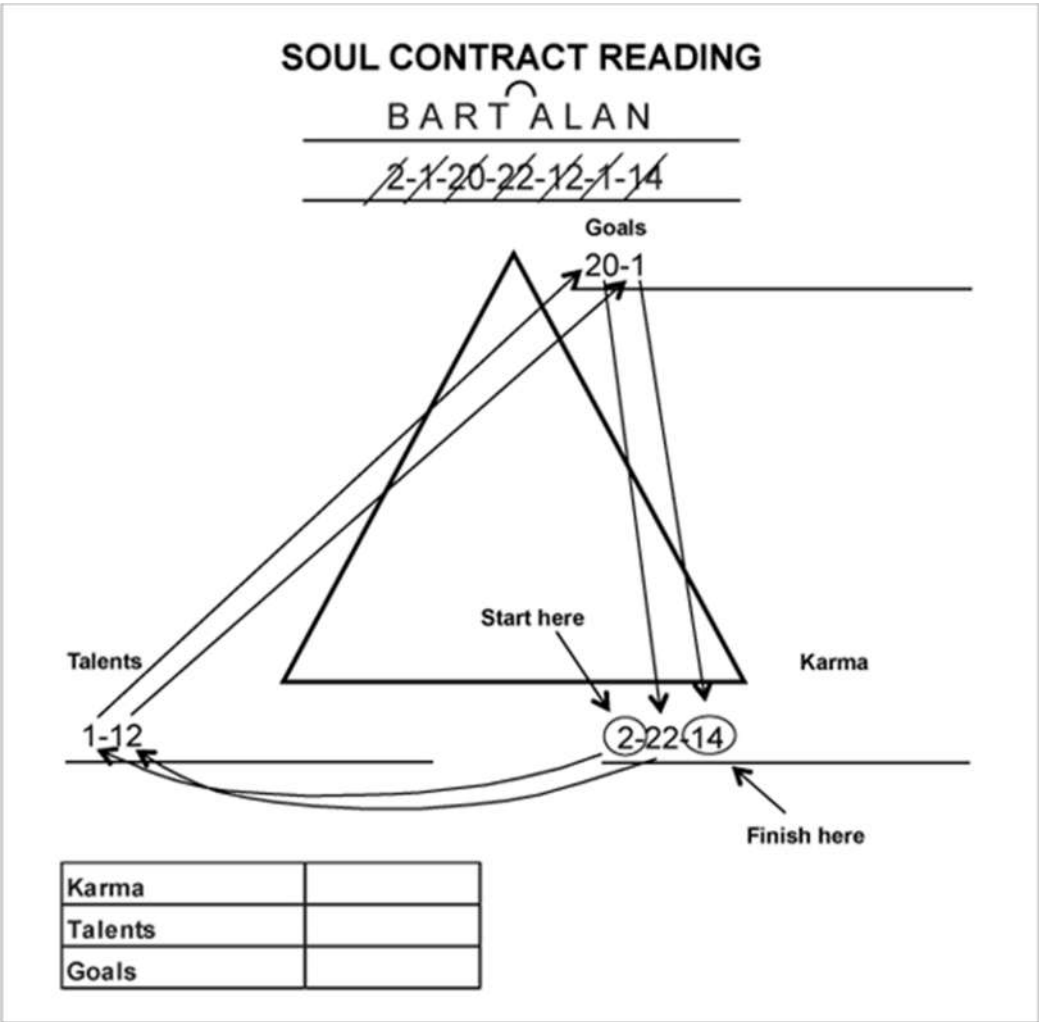


Figure 10: Completed number allocation process for a single triangle

6. Calculating the six aspects of the Star of David

You undertake this by adding up the numbers in each of the aspects of the Star of David. If the sum total of an aspect **is greater than 22**, you will need to reduce it to the **first number** that falls within the range of 1-22. This is done by adding up

each individual digit in the total: for example, the total of the individual numbers in Physical Karma for Michael William Sampson is $13 + 6 + 13 + 6 = 38$ which, when reduced, becomes $3 + 8 = 11$. This gives you the lefthand number for the pair of aspect numbers concerned. We do not reduce this any further in this case by going $1 + 1 = 2$; in a left-hand aspect number calculation, it stays as the 11. A three-digit total in a given aspect, such as 135, becomes $1 + 3 + 5 = 9$.

The right-hand number for a pair of aspect numbers is determined by reducing the left-hand number to its lowest form: for example, in Physical Karma, 11 is reduced as $1 + 1 = 2$, giving 11-2 as the pair of aspect numbers.

The way we write this on the Star of David is to put a forward slash immediately to the right of the individual numbers followed by the sum total of these numbers: 13-6-13-6 / 38. Because the 38 is reduced to between the 1-22 number range, to produce the actual aspect numbers 11-2, we place another forward slash, then write in the 11-2 as follows: 13-6-13-6 / 38 / 11-2

Here is another example. In the spiritual karmic aspect, the sum total of the numbers is $10 + 10 + 15 + 14 = 49$. As this is also greater than 22, it is reduced by adding $4 + 9 = 13$, to produce the left-hand number. This is then further reduced to the smallest possible number $1 + 3 = 4$, to obtain the right-hand number of the spiritual karmic aspect. This result is the spiritual karmic aspect numbers of 13-4.

There is one exception to this single-step reduction process: 19. If it turns up as the left-hand number of a given aspect, it needs to be reduced twice as follows: first $1 + 9 = 10$, then $1 + 0 = 1$. This produces a set of aspect numbers of 19-1.

When we have two different numbers in a given aspect, such as the 13-4 in Spiritual Karma, you can think of them like being hot and cold taps in a shower. The soul wishes you to experience and transmute the karmic energies of a pure 13 and a pure 4 and every blend of them on the continuum between the two numbers throughout your lifetime.

For the 21-3 in Physical Talents, we still have the continuum effect, only this time it is all about coming into the positive talent energies of a pure 21, a pure 3 and every blend in between over a lifetime. When calculating the sum total of the individual numbers of this aspect, we get 21 as our left-hand aspect number, which is already within our 1-22 Hebrew number range. As a result, we do not need to add the second forward slash as we did in the physical karmic 11-2 calculation. We simply calculate the right-hand number of this aspect by going $2 + 1 = 3$ and write out the whole sequence as 8-12-1 / 21-3 on the Star of David.

It is important to understand that each of the 22 Hebrew numbers represents a specific frequency that creates a unique experience in life. This is not a ranking process where, for example, 22 is a higher or better energy to have than, say, a 13. Just think of each of the 1-22 numbers as labels for these frequencies.

There is one other variation on aspect number calculation we need to examine. For the spiritual talent aspect, the total of all the numbers is $1 + 12 + 13 = 26$, which is greater than our maximum of 22. We go $2 + 6 = 8$, a single-digit number. To produce the right-hand aspect number, we go $8 + [\text{nothing}] = 8$, resulting in 8-8, which is what we call a double number.

A double number means the soul wants you to experience only the frequencies of this specific energy on your path of growth whether it be something to overcome and transmute if it is in a karmic position, positive qualities to come into in a goal aspect or latent qualities you are to bring up in consciousness to utilize in the world in a talent position.

Key points: *The left-hand number of a given aspect is the sum total of the different individual numbers forming the aspect if it is 22 or less. If it is greater than 22, it is the first reduction of these individual numbers that is between 1 and 22. The right-hand number is the smallest possible reduction of the left-hand number.*

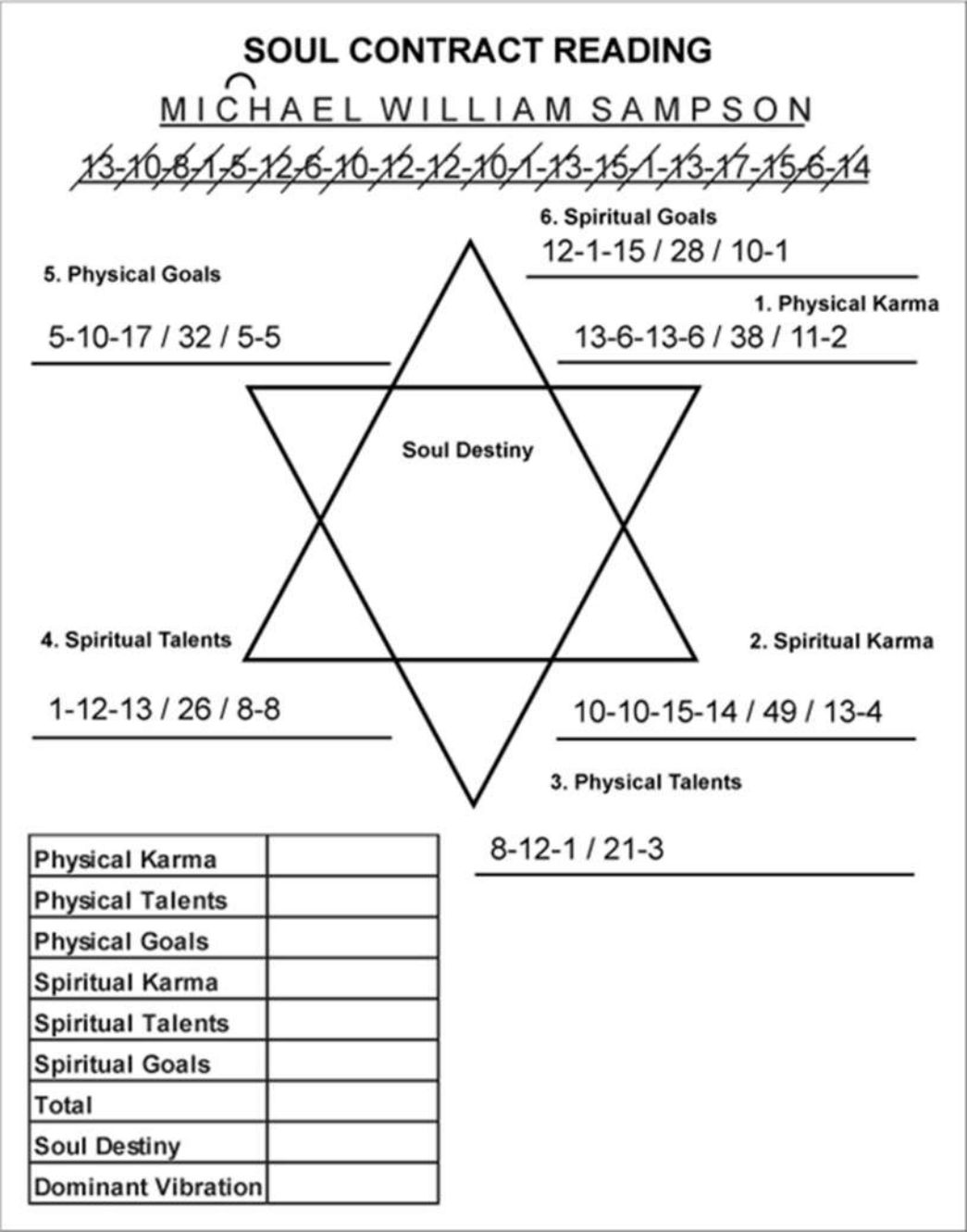


Figure 11: Calculating the aspects of the Star of David

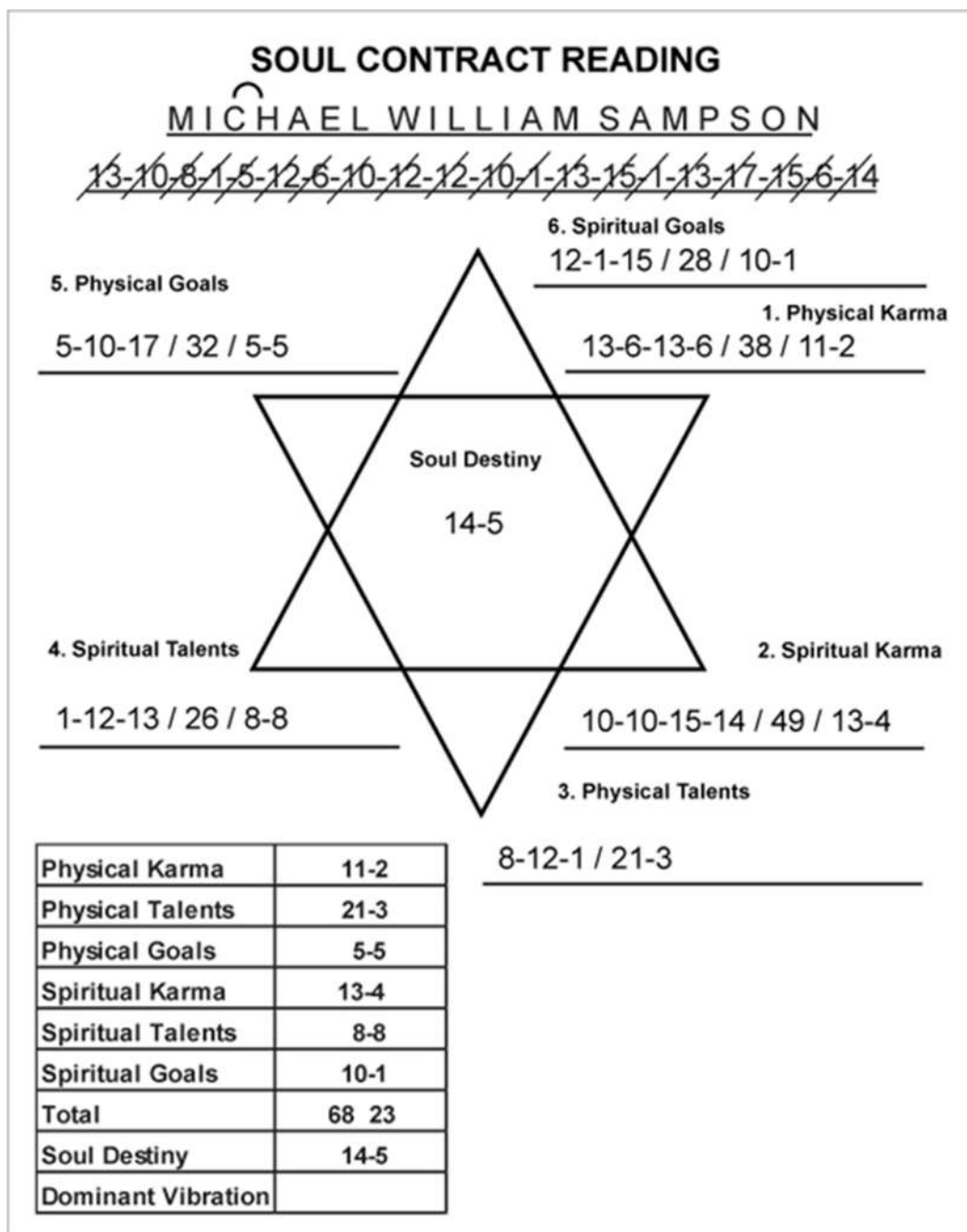


Figure 12: Calculating the Soul Destiny

7. Calculating the Soul Destiny

The next phase of the Soul Contract decoding process is calculating your Soul Destiny or Life Purpose. This is quite straightforward as follows:

1. Take the physical aspect's pairs of numbers, ie karma, talents and goals, and write them into the top half of the table at the bottom of the chart.
2. Do the same for the spiritual aspects, placing them in the bottom half of the table.
3. We have now separated the physical and spiritual aspects for ease of developing the interpretations of the chart.
4. Calculate the total of the left-hand column, then the right-hand column of numbers.
5. If the left-hand column total is greater than 22, we reduce it **to the first number less than 22**. For example, in this case, the total is 68, so we simply go $6 + 8 = 14$. This becomes the lefthand number of the Soul Destiny.
6. We reduce the right-hand total of 23 to the smallest possible number by going $2 + 3 = 5$. This number must be a reduction of the left-hand total, $1 + 4 = 5$, which it is, and is a good check that you have done the maths correctly. If it differs, it means you have made a mistake in your addition of the column total somewhere, so go back and recalculate them again.
7. The left- and right-hand totals produce the Soul Destiny, 14-5 in this case, the overall purpose of the incarnation.
8. Practise all of this procedure yourself by writing out the Michael William Sampson name on a blank Star of David and go through this number generation procedure carefully, step by step. At each stage, check it against the diagrams to ensure you have achieved the same result. If you find an error in your working, find out where it occurred and correct it accordingly. By practising this way, the correct procedure will properly embed into your consciousness.

If there are four or more of the same numbers in any of the six Star of David aspects and the Soul Destiny, this becomes a dominant vibration. It is possible to have up to three of them. They are written in ascending order. Here is an example: ALAN JONATHAN WYLDMAN ([Fig 13](#)).

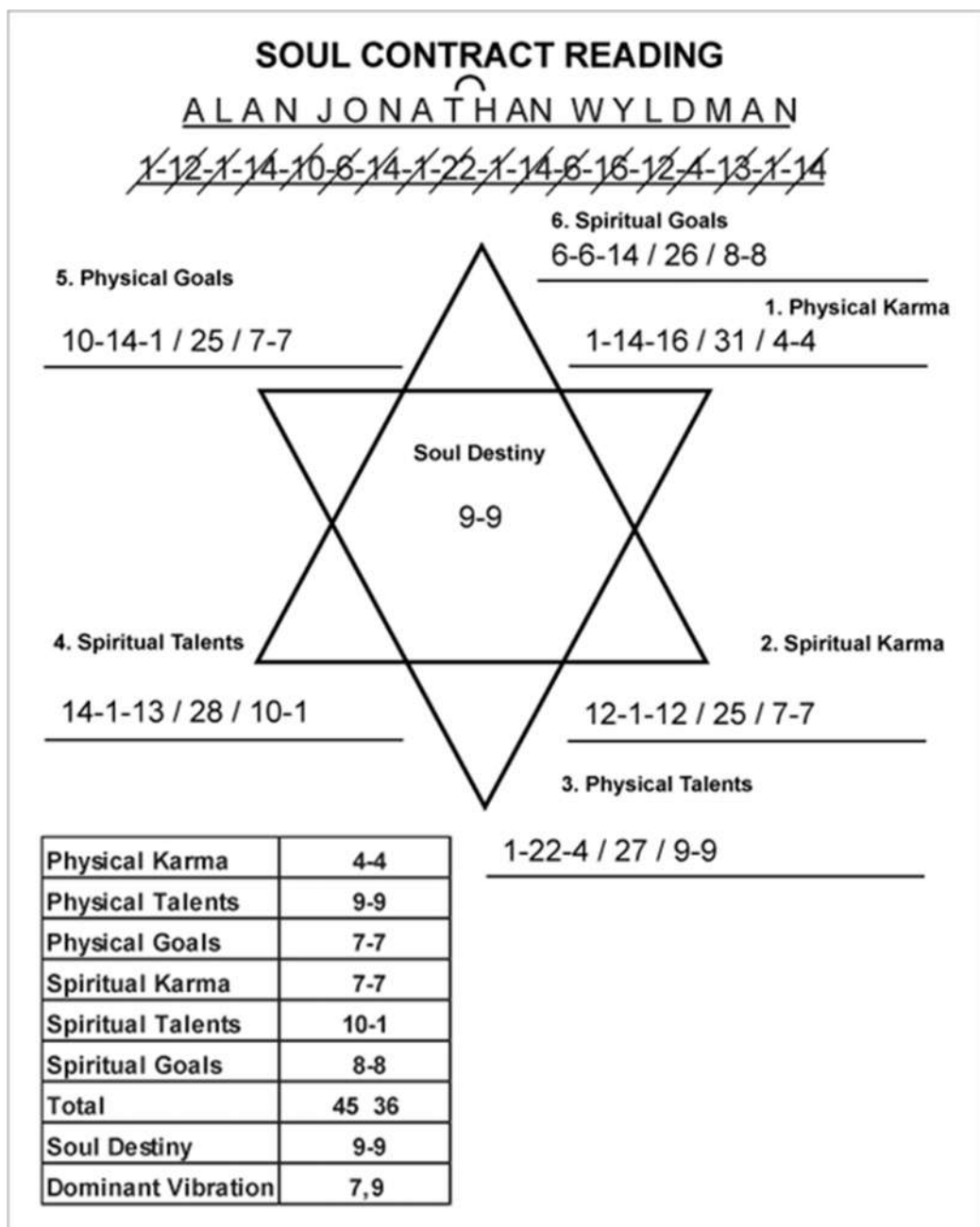


Figure 13: Dominant vibrations

8. Calculating the three aspects for a short name with less than ten phonetic Hebrew sounds

We continue the Soul Contract decoding process of the numbers for BART ALAN that we started earlier. Following the

same procedure as for a six-pointed Star of David in the calculation of the generic karma, talent and goal aspects, we place these three sets of aspect numbers in the table at the bottom of the chart. There is no Soul Destiny in this case as there is an insufficient number of energies to generate one. If your birth certificate shows a short birth name with less than 10 phonetic sounds, it is important to understand that this is no better or worse than someone who has ten or more phonetic Hebrew sounds in their name. This is just the way it is for you. Your soul chose this name to give you the optimal experiences it wanted you to have for this lifetime. It is just focused on a narrower range of aspect energies to get the experience it desires.

Practise all of this procedure yourself by writing out the Bart Alan name on a blank single triangle and go through this number generation procedure carefully, step by step. At each stage, check it against the diagrams to ensure you have achieved the same result. If you find an error in your working, find out where it occurred and correct it accordingly. By practising this way, the correct procedure will properly embed into your consciousness.

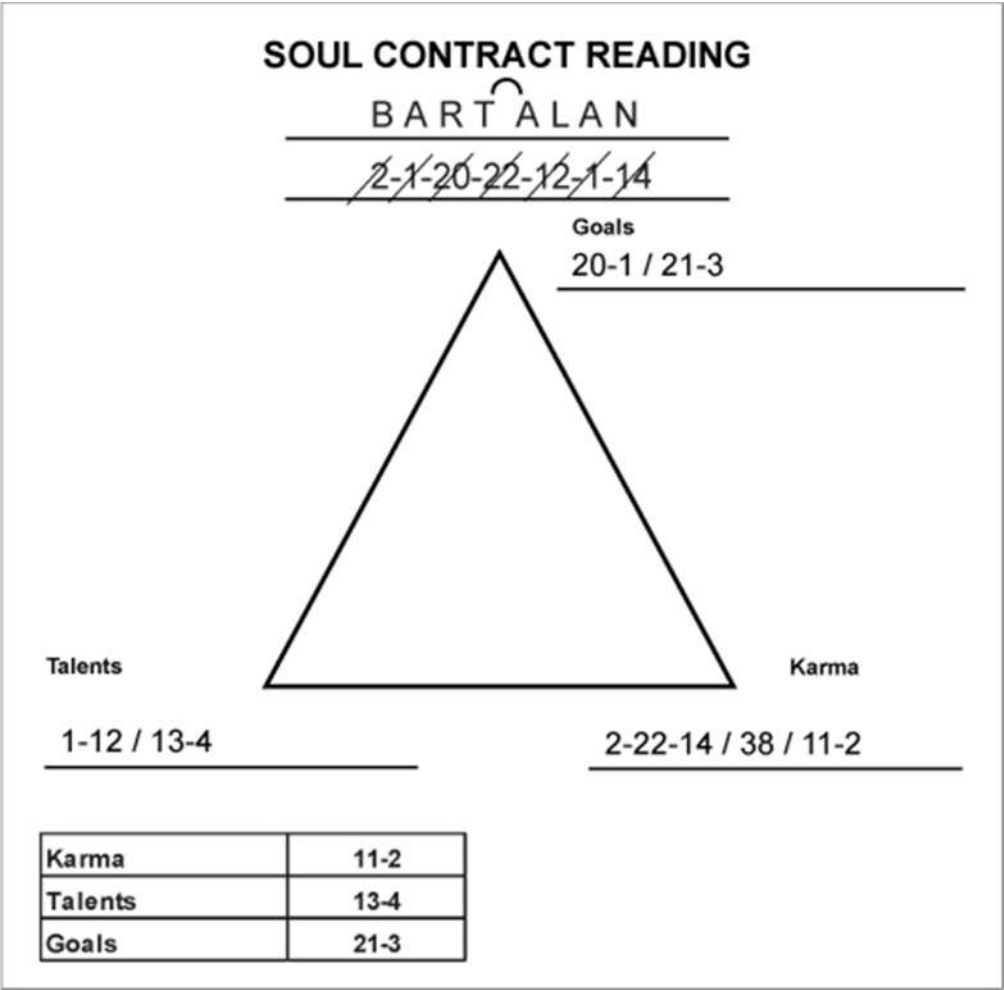


Figure 14: The aspects of a single triangle

9. Brief interpretation of a name with ten or more phonetic sounds

Case study 1: Michael William Sampson

We are going to undertake a brief interpretation of MICHAEL WILLIAM SAMPSON. This is a composite name based on the reallife experiences of clients we have worked with at the Center for Conscious Ascension, to make this as real as possible for you. The interpretations are a selection of key points based upon the extensive in-depth layered interpretations contained in Chapters 4-8. They aim to give you an initial feel for the essence of what each set of aspect numbers actually means.

The key points of interpretation for each number in a given aspect will also be shown.

TABLE 9: THE SEVEN ASPECTS

Physical Karma	11-2
Physical Talents	21-3
Physical Goals	5-5
Spiritual Karma	13-4
Spiritual Talents	8-8
Spiritual Goals	10-1
Soul Destiny	14-5

Physical Karma: 11-2

When Michael was young, he felt lost and did not understand how life worked. At school, he found it hard to assimilate new concepts and ideas. Things had to be presented to him in different ways so that he could grasp what they meant. But once he had assimilated the information into his own structure of truth, he got it and could really run with it. Outwardly he did not appear to be that quick mentally, but underneath this he was very bright and intelligent. The main lesson of the karmic 11 in this aspect is to learn to discern what was true for him out of all the ideas and concepts coming to him and to build his own structure of truth out of this. Because of this initial lack of discernment on what energies to assimilate, Michael ended up as the emotional processing unit for the family when he was a child, taking on all of their unresolved emotional issues that they did not want to feel and address. As a result, the negative emotional load he is carrying is way above average. He could not tell what were his emotional issues and which ones belonged to others. These needed to be flushed out of his system so that he could access the truth of the authentic Michael underneath all of this.

The other major karmic experience of the 11 is the Double Letter energies of life and death, where the soul manifests death in many different ways in the personality's life to create a shock to trigger a transformation into a higher state of consciousness. In Michael's case, his mother died of cancer when he was five years old. This changed him permanently as he was very close her.

The sensitive karmic 2 is all about learning emotional resiliency, and initially any emotional shock would throw him completely off balance. When his mother died, the trauma of it caused him to hit the emotional buffers, and he stayed there for a long time as it was just too much for him. It took him many years to recover from this as he developed his emotional resiliency. He came out of the shock totally transformed as he had moved to a higher state of truth with the 11.

The 2 is also about exploring the energies of wisdom and foolishness. This is where Michael used to act impulsively upon his first emotional response to a situation and often ended up finding he had made a foolish decision. If he had just paused and waited a while, spending some time observing and feeling the energy of a situation, he would have discerned the truth of what was really going on. For with the 2, his perception of the truth of a given situation initially changes by the minute; only with ongoing presence and observation of that situation does the real objective truth reveal itself to him. Once he got to this point, Michael could then move into a place of wisdom in his decision making.

Michael became an architect, a builder of physical structures in the world. This is the outward manifestation of the physical karmic 11-2 which faces the challenge of learning how to build outer structures of truth – in this case, in the form of buildings. From all the design ideas and concepts coming to him he had to discern what is the truth that he wished to express in the outer world.

Key points of the 11: *Learning to discern and build own structure of truth, life and death*

Key points of the 2: *Learning emotional resiliency, exploring foolishness in order move towards wisdom*

Physical Talents: 21-3

Michael always enjoyed taking on big challenges in life. This is what the 21 is all about: it creates a series of ongoing, large-scale challenges for people to really get their teeth into. It helps them build great inner strength as they endure and overcome the challenges. The first big emotional challenge for Michael was his mother's death, which, while painful, also built great emotional strength within him that was to serve him well in adult life.

Architecture can be challenging as a profession, especially for someone with a physical karmic 11-2, as learning about and building new structures is such a big challenge in itself. But this was the path Michael's soul was determined to pursue, and he eventually designed and built innovative, high-value, residential and commercial buildings. The 21 also manifested in this process through having to reconcile his essential nature as a sensitive builder of ideas (11-2) with the demands for a cost-effective building completed on time and to budget. Michael developed a lot of inner strength through having to endure the challenges and hardships of the project management of all the different people and elements required to construct his buildings to his and his clients' satisfaction.

The 3 is all about the communication of inner soul concepts from the depths of his being into the outer reality. Michael loved communicating his architectural ideas very clearly to those he worked with. He eventually became a part-time teacher of architecture at the local university as well as running his architectural practice. He wrote articles and books about his profession and became a leading spokesman for it. The 3 is a natural, strong leader, and in his early years Michael found it hard to work underneath someone else. As soon as he was able to, he set up his own practice so that he could be the one in

charge as he always felt that he knew the best decisions to make.

In his personal life, Michael initially had to overcome a feeling of unworthiness deep within him to be loved in order to access the great depth of feeling and knowledge of his soul. Once he had done this, he was able to really tap into his feelings and emotions and would always seek relationships of great depth with those who were close to him personally. He was not interested in superficial relationships at all.

Key points of the 21: *Ability to endure and overcome big challenges to build great inner strength*

Key points of the 3: *Accessing deep wisdom and inner concepts from within and communicating them to the outer world from a place of natural leadership*

Physical Goals: 5-5

Michael was always very sensitive, intuitive and psychic from as early as he can remember, as his mind was open to his soul. He could also naturally read people's minds. It was all about learning to use his highly attuned intuition properly and not succumb to the temptation to manipulate people with it. This extremely psychic energy ungrounded him a lot. Working with buildings in the physical material world helped him become more grounded.

In his outer world, the 5-5s are all about being the pioneer for Michael. He would always want to stretch his architectural expression to the absolute limit using the latest cutting-edge technologies and ideas for building innovative spaces for his clients. They were a statement of his deeply held inner truth which he had been building over many years with his physical karmic 11-2 and which the 3 of the physical talent 21-3 wanted to express to the world.

His pioneering designs consisted of a synthesis of Vaastu ([Ref 7](#)) concepts and Sacred Geometry ([Ref 8](#)) for the layout of house and commercial building spaces to maximize the beneficial use of the spiritual energies flowing into his clients' lives. Vaastu is

a highly conscious, ancient Vedic science from India about how the layout of a house or building on a property affects the five elements of Earth, Air, Water, Fire and Sky (space) as they come into the owner's/occupant's lives. One half of your life is created by your Soul Contract. The other half is created by the layout of your primary home and property, which is part of the manifestation of your Soul Contract. Michael developed this pioneering work, in conjunction with his wife Stephanie, to create spaces that would maximize their clients' conscious development and success at all levels in their lives.

When Michael started his architectural practice, part of him feared stepping out and expressing the pioneering, revolutionary designs that made his heart sing, and he held back showing these proposals to his clients. Instead, he watered down these ideas to make them more acceptable to his clients out of some subconscious fear that they would persecute him in some way for expressing his real truth. This was the result of having a very strict, emotionally abusive father in his childhood who always put him down when Michael spoke his real truth. This was frustrating for him, and as he gained more life and work experience, he became more daring, threw caution to the wind and developed the courage to start expressing the designs which were his real truth. His clients initially gave a mixed response to this as they found these ideas very challenging because they were so new and unorthodox. However, as Michael grew in confidence, they started to accept these revolutionary design concepts, and he became well known for them. This was what drew new clients to him as they knew he could pull off the challenge of realizing them into physical reality and make a real statement about their businesses through the buildings they owned. In his university teaching post, Michael eventually became a highly acclaimed professor at the architectural school, a teacher of teachers. He taught the future lecturers at the school.

In his personal life, Michael always sought to express the truth; again, in this area, it was challenging to start with, especially in love relationships. However, he found that nothing less than this was satisfying to him, and he really resonated and connected with partners who were moving into their truth. He wanted them to take him exactly as he was, no hiding, no

deceptions, no trying to pretend he was someone he wasn't in order to get them to stay with him. He would rather they left and have someone else turn up who could handle their own truth as well as his in a relationship.

Key points of the 5: *Learning to trust intuition, step out into the world to be a courageous pioneer and express their truth*

Spiritual Karma: 13-4

The 13 was the key defining energy for Michael's life. The spiritual karmic challenge of this energy was to surrender into the flow of the Divine Feminine energy of God. His soul set up a total disconnection from this energy through the traumatic experience of his mother dying when he was five years old. At all levels of his being, Michael felt that the Divine Feminine archetype, in the form of his mother, had totally abandoned him in life, and his heart closed down. He put up a stone wall of protection around it so he would not get hurt that badly ever again. His first partners perceived him to be hard-hearted as a result, even though he was very sensitive for a man due to the 2 within the physical karmic 11-2 and the Physical Goals 5-5. He made an early decision in life not to have children as he did not want them to go through the devastating loss of a parent that he had been through.

This is also linked to the 4 which is all about learning to trust in the flow of God/the Universe in life. This includes the flow of love, ideas, concepts, money and nature, with the ultimate expression of nature being the creation of children. Deep down, Michael felt that there would never be enough love in his life so he had none to spare for anyone else, especially children. This made him quite selfish when he was younger.

When he first started to have relationships, his girlfriends complained that he always wanted to do the things he wanted to do, that he was not prepared to share more of himself with them. This drove many of them away and also other friends, leaving Michael feeling isolated.

Then he met Stephanie Margaret Megan Taylor, who gave him the unconditional love that he so deeply desired. This gradually

melted the stone wall around his heart, and for the first time since the death of his mother, Michael felt truly loved again by the Divine Feminine energy.

Key points of the 13: *Opening the heart to love*

Key points of the 4: *Trusting in the flow of the Universe/God/Life*

Spiritual Talents: 8-8

While Michael was ungrounded at times with the Physical Goals 5-5, another part of him was grounded with the Spiritual Talent 8-8. These made him very home orientated as he needed a stable, long-term base that grounded and stabilized him so that he could then move out into the world to do his work. The 8-8s indicate that he is quite a high-frequency soul that has to work hard to relate to the emotional and energetic heaviness of Earthly, incarnate life.

When he hit his mid to late 30s, Michael's clairvoyant abilities started to come online. This meant he could see the future. He could tune in to a situation and know the truth of it and what was going to happen. This was useful when bidding for architectural contracts as it enabled him to fine-tune his bids to give him the best possible chance of succeeding as he knew what the outcome would be for each variation on a proposal.

The 8-8s in this aspect enabled him to use his spiritual energies to serve people in society. He had the ability to relate to all types of people, which was useful as an architect project-managing a vast range of different contractors, clients and staff in the creation of his innovative buildings, especially as each group of people had their own viewpoint on how it should be done. He was always reaching out to people and managed to connect and relate to them all in a way that exactly fitted each individual involved. This resulted in his projects running relatively smoothly most of the time.

Key points of the 8: *Ability to be emotionally grounded and to reach out and connect to all types of people*

Spiritual Goals: 10-1

These energies in a spiritual goal aspect are all about Michael bringing his male and female energies within him into balance. The death of his mother meant that he did not get a long-term transmission of the Feminine energies. His father, who was very strict as a single parent, had gone too far with his need to keep Michael under control. The resulting emotional and mental abuse scarred Michael, especially because he was so sensitive from his physical karmic 11-2 and his Physical Goals 5-5. This resulted in his male energy being suppressed as he felt like a victim of his father's behaviour. It took him into a place of victimhood and feeling helpless as a man, where he did not know how to properly access and express his male energy. He felt like there was a big hole emotionally in his life and was forever searching for a pure transmission of clean Father/Man energy to fill it. He tried to reconnect with his father at a human emotional level many times throughout his life, but his father was always distant and talked about superficial things. He just did not have the ability to be what Michael needed. They would never have a real man-to-man, heart-to-heart, connected, open conversation about the deep issues in their lives, especially in their father-son relationship that really mattered to Michael. Michael found this extremely frustrating, and emotionally he forever felt like a boy inside, searching for Father energy, a blessing from his father. But it never came.

Then one day, a close friend who had a big influence on the direction of Michael's life, Alan Jonathan Wyldman, introduced him to men's work. At the age of 38, Michael attended a weekend workshop called the Mankind Project, New Warrior Training Adventure ([Ref 9](#)). This was based on the book *Iron John* by Robert Bly ([Ref 10](#)), the mythopoetical journey of emotional initiation of a boy into becoming a man. For the first time in his life, he received from the workshop leaders the pure transmission of Father energy directly into his body. He could relax now: the big emotional hole his father could never fill was beginning to be filled. Michael finally felt what it was like to be an emotionally initiated man. He had been blessed by the workshop leaders, something he thought would never happen in his lifetime. He had come into his mature initiated male

energy and could express it in integrity in his service in the world. This is of utmost importance to someone with 10-1s.

Stephanie, his wife, brought in the transmission of the feminine energy that Michael was deficient in from the early loss of his mother. As their love grew through the years, and he opened his heart to her, his female energy also came into balance. We will examine their relationship and family dynamics in much greater depth in a future book on Relationship and Name Overlays and another one on Families and Parenting for their children.

Now that Michael was getting his male and female energies up and running and into balance, this freed up much of his life force energy which his ego had been suppressing and enabled him to access so much more of the high God-like spiritual energies of the 10-1s. He rose in consciousness and started to meditate regularly, as he realised how important the reconnection to his true spiritual nature was. This continuous dissolution of the layers of separation between himself at a human-ego personality level and his soul meant he gradually, over many years, became the walking, talking, feeling expression of his soul. When his soul had a thought or feeling, Michael experienced the same thought and feeling at exactly the same time. He was moving gradually into a state of full soul consciousness that would eventually allow him to express the full spectrum of his Soul Destiny/Life Purpose.

Key points of the 10: *Bringing male female energies back into balance and being open to soul consciousness*

Key points of the 1: *Coming back into fully unified, stable, integrated male power*

Soul Destiny: 14-5

Michael's Soul Destiny was to produce spiritual material in some form in writing, to bring to the world new, pioneering spiritual techniques. This would flow from his intuitive channel in the form of the Physical Goals 5-5 and the Spiritual Goals 14-5. The energy of the 14 created lots of emotionally intense relationships for Michael which were very disorientating. Out of

this intensity, where those he was relating to would reflect back to him parts of himself he was not previously aware of, he would get to know much more about who he truly was. His motto was ‘I relate, therefore I am’. His spiritual writing was to be a product of his own personal life experience of blending the spiritual concepts of Vaastu and Sacred Geometry into his buildings.

Key points of the 14: *Reflected being, knowing oneself through relationship*

Key points of the 5: *Expressing new spiritual material from intuitive channels*

10. Brief interpretation of a short name with less than ten phonetic sounds

Case study 2: Bart Alan

Let us undertake a brief interpretation of Bart Alan, who has less than ten phonetic Hebrew sounds in his name. His name can only be decoded into generic karma, talents and goals. There is no Soul Destiny for a short name. There is no separation into physical and spiritual aspects as for a name with ten or more phonetic sounds which decode into a six-pointed Star of David. This is because there are not enough phonetic vibrations available.

TABLE 10: THE THREE ASPECTS

Karma	11-2
Talents	13-4
Goals	21-3

Generic Karma: 11-2

Bart was always a builder of things; he loved Lego as a child. He excelled at woodwork and metalwork at school as this was all about understanding the structure of the projects he was to learn the skills to build, then actually constructing them. His father was an architect, so he was brought up in that sort of creative environment at home. He used to read his father’s

architectural magazines and go to his father's office and got imprinted with the whole ethos of the profession. As a result, he decided from his early teens to become an architect. This is easily done with a karmic 11-2 when they are young as they absorb everything without discernment initially.

He was also a very bright child, although there were concerns about his learning ability, as he appeared slow at school, like Michael, his best friend. Again, like in Michael's case, this slowness of assimilation of knowledge was due to his 11 taking its time to discern and build Bart's structure of truth. Once he grasped and integrated a new body of knowledge as part of his truth, his mind was fast at applying this truth in his life.

Bart was a sensitive child because of the 2 energy, where he was learning emotional resiliency, and was easily shocked by the rough-and-tumble of school life and the demands of family life.

Key points of the 11: *Learning to assimilate knowledge, expand and grow; finding a structure for functioning in the physical world*

Key points of the 2: *Learning emotional resiliency*

Generic Talent: 13-4

Bart was a loving child, accepting people exactly as they were without judgement of any kind. People really felt healed and nurtured by being in his presence. This is the 13 in action, the unconditional love of the Divine Feminine energy just flowing to and through him for him to duplicate, and share into the world with others, which is the 4 in action. Bart soon learnt that the more he expanded and shared of whatever came to him, be it love, money or ideas, the more that came to him. He soon moved into a place of great trust in the flow of life from a very young age. He learnt to set the intent of what he desired to occur in his life, and if it was meant to be, it would just turn up for him. He did not need to go chasing after anything if he truly trusted in the flow of the Universe.

Bart had known Michael William Sampson since they started school together at five years of age. Eventually, they went into

architectural practice, forming the architectural partnership Sampson Alan and Associates. Because Bart trusted in the flow of life, if something felt right to do in the business, he would just do it and have complete faith that it would all work out, which it usually did. This led him to securing some wonderful business deals in the form of new building contracts that helped the business expand.

Key points of the 13: *Maternal, unconditionally loving of all things through stillness and spiritual intent*

Key points of the 4: *Trusting that all things will eventually come to them*

Generic Goals: 21-3

Bart had to endure and overcome a lot of hardship while at university because of the stress and demands of his five-year architectural degree. He was not able to assimilate the sheer volume of information and all the new thought processes required in the course. This led him to failing his fourth year, which was a great shock for him due to the generic karmic 2 as he had little emotional resiliency to cope with this. Once he recovered from this, he then had to deal with the fact that he only had enough funds to pay for the five-year degree. Adding a sixth year, through having to repeat his fourth year, created a big challenge for him, in the form of the 21, as he had to find the money from somewhere. Bart had always faced money challenges because of the deep unworthiness to be loved programmed into the 3 of this aspect. He had grown up in a household where his father only just managed to make ends meet each month as he was running his own start-up architectural practice. As a result, he had received a strong imprint of poverty consciousness and that life is hard.

However, there was a budding teacher in Bart with the 3, and he also had a strong urge to duplicate and share what he had learnt with his generic talent 4 and a lot of trust in life that, in the end, it would all work out, from the generic talent 13. This resulted in him setting up private tutoring classes for his fellow architectural students. They really enjoyed the benefit of the well-structured (generic karmic 11) teaching that Bart provided

to them and the fees he received for these classes paid the rest of his way through university.

Key points of the 21: *Developing endurance through overcoming hardship and big challenges and unblocking their power and creativity*

Key points of the 3: *Communication of the depth of knowledge within as a teacher*

Symbols associated with each of the 22 Hebrew numbers

Symbols are a universal language for the transmission of energies and concepts.



















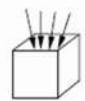



They speak to the right side of the brain, the feminine side which deals with receptivity, intuition, creativity and artistic expression. When you look at these Soul Contract symbols in Table 11, simply sit with them and feel their energy and they will reveal more and more of themselves to you.

These channelled symbols, when drawn on a Soul Contract chart, actually act as antennae for the particular frequency involved. They act as gateways and will open you up to deeper levels of the interpretation of your birth name. You may get different layers of meaning each time you look at them and receive their transmission.

The geometric symbols are more earthy/grounded frequencies, and the more fluid ones are more spiritual in nature.


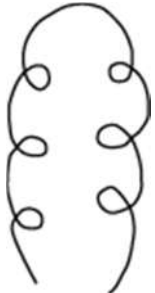

Channelled Soul Contract symbols




TABLE 11: CHANNELLED SOUL CONTRACT SYMBOLS

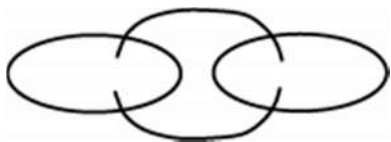



1. Unity, power, stability 	2. Active, paternal action 
3. Internal canal 	4. Division from abundance 
5. Life, abstract being 	6. Convertible knot, nothing to being 
7. Link which unites 	8. Elementary existence 
9. Resistance, protection 	10. Potential manifestation 
11. Assimilation, a form 	12. Expansion 
13. Passive maternal action 	14. Reflected being 
15. Circular movement 	16. Material meaning 
17. Speech 	18. Solution, termination 
19. Material existence – forming 	20. Movement 
21. Duration 	22. Reciprocity 

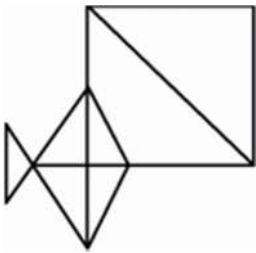
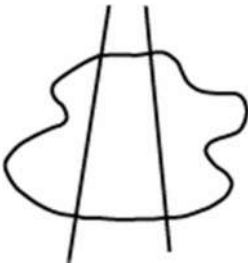

The descriptions in Table 12 define the symbols in terms of your experience of them if they are in a talent aspect of your Soul Contract. If they are in a karmic, goal or Soul Destiny aspect, then you need to come into these positive qualities by working through the negative context in your life initially created by them. This context is described in depth in the main layered interpretations of each of the 22 Hebrew numbers in Chapters 4–8.


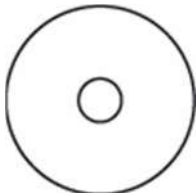
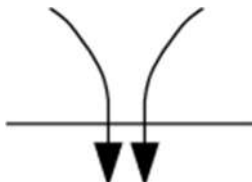

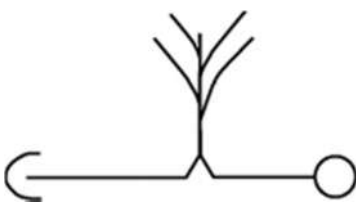
TABLE 12: DESCRIPTION OF SYMBOLS

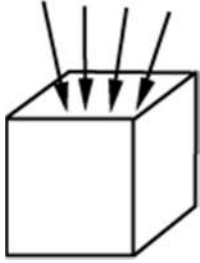
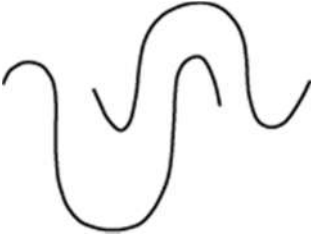


Number	Symbol	Interpretation
1		Unity, power, stability. This represents two interlocking elements of energy, which, when pulled apart, becomes stronger and more stable. These are the energies of Archangel Michael, the masculine expression of God, coming from within you.
2		This is an actively paternal sign, a male energy, This is a coiled, resilient spring designed to cushion you. It is open at one end so people can come in, move around and experience your power and protection. It can also be used as a moving platform so that you can perceive things from different perspectives.
3		This is the image of the canal that has a material covering, a thick outer shell with energy patterns on the inside. You are open to receive anyone who wants to come in. It is a library for them to move into and

		<p>acquire knowledge from while being protected.</p> <p>It can also act as a type of inner labyrinth where you can become lost within its depths. From the depths of this canal knowledge, feeling and concepts are brought forth into outer manifestation in your life.</p>
4		<p>This repetitive geometric symbol represents your duplication of God's abundance and the sharing of it in the world. As one part of this geometric structure is created, it naturally overflows and duplicates itself to create the next one that adds to it.</p> <p>It is your ability to learn something, then share it in exactly the same way with someone else.</p>
5		<p>This is a foetus, something that is changing and growing, undergoing continuous movement. It is about you coming into the physical world from the world of abstraction.</p>
6		<p>This is where a simple idea/thought at the top of the convertible knot that resonates with you is converted into its completed form. This is your creativity in action.</p>

7		Two elements are united into one within you by a powerful link. A greater whole emerges from this action.
8		This is the symbol of elementary existence relating to the physical. This is like an amoeba, a watery-based creature. Water is associated with the emotions. In order to survive and prosper, the amoeba needs to maintain its delicate relationship with its watery environment. The amoeba has a delicate outer membrane which allows you perfectly harmonized interaction with its environment. These are the most powerful earth vibrations available. They bind you to the Earth.
9		This is the dragon or the serpent energy. This is great, steely, invincible power flowing through you. The most powerful energy of all the numbers.
10		The symbol of potential manifestation of Spirit on the Earth plane. Spirit moves in curves, and this is captured in this symbol. Spirit is eternal and forever moving through you.

11		<p>The sign of assimilation, a mould which accepts all forms, ideas and concepts within you and creates a new structure out of them. The geometric symbol can be erected line by line just as a new structure is erected. These are predominantly physical energies.</p>
12		<p>The symbol of expansion and expression, of great love and knowledge. This is flowing, seeking growth and very symbolic spiritually. There is a great drive within you to absorb love and knowledge, which is then expressed and shared in an expanded form.</p>
13		<p>Sign of water and wisdom. The upper waters are beyond our comprehension; they are not revealed. The lower waters are the lakes, the rivers, the seas; they are revealed.</p> <p>This represents the feminine aspect of God, the Sananda energies. This is water (love) and wisdom and passive maternal action. It is very still, waiting for those who need to be loved to come to you for nourishment.</p>

14		This is a symbol of etheric and individual existence. This is the image of reflected being. A multidimensional mirror, where others can see hidden parts of themselves within you for the first time.
15		This is a link reinforced and turned back upon itself. This is inner circular movement within you, a journey, moving from the outside to the inside and back again, recognizing and accepting God in both aspects.
16		The symbol of spiritual energies coming down to the Earth plane through you to be given material meaning and expression in a way that is accessible to all people.
17		This is the symbol of speech and emphasis. This is the flow of your communication into the world, into society. It could be viewed as an abstract mouth.
18		The symbol of finality and solution. The reaching of an end point, from many lifetimes of experience, where you have to choose to follow the path of God (Spirit) or not and the choice is clear-cut.

19		This is the symbol of bringing spiritual energies down to the Earth plane (arrows) and manifesting them into a material form (cube), for you to hold space for others to understand and achieve their goals.
20		This represents great degrees of movement, eg good/bad, positive/negative. Great flexibility that is far beyond the average. You are always moving, always seeking new experiences.
21		This represents the part of you (oval) that is learning to overcome great challenges and build endurance (three internal elements moving around) in the process.
22		This is the symbol of completion. The blending of your mind, body and soul (triangle). You are aware of your multidimensional nature and are a living representation of the wholeness of God (circle).

You can place these symbols within the different aspects of the Star of David ([Fig 15](#)) to enable you to feel deeper levels of the meaning from the numbers. Try this with Michael William Sampson's name to get to know him better just by sitting quietly and gazing at the symbols in each aspect in turn on his chart. Also, draw them on the practice chart you have made and feel the effect the energy has on you. You can also place your fingers or palm on a symbol and feel it with your eyes

closed. This will enable you to go deeper into the different meanings of each number.

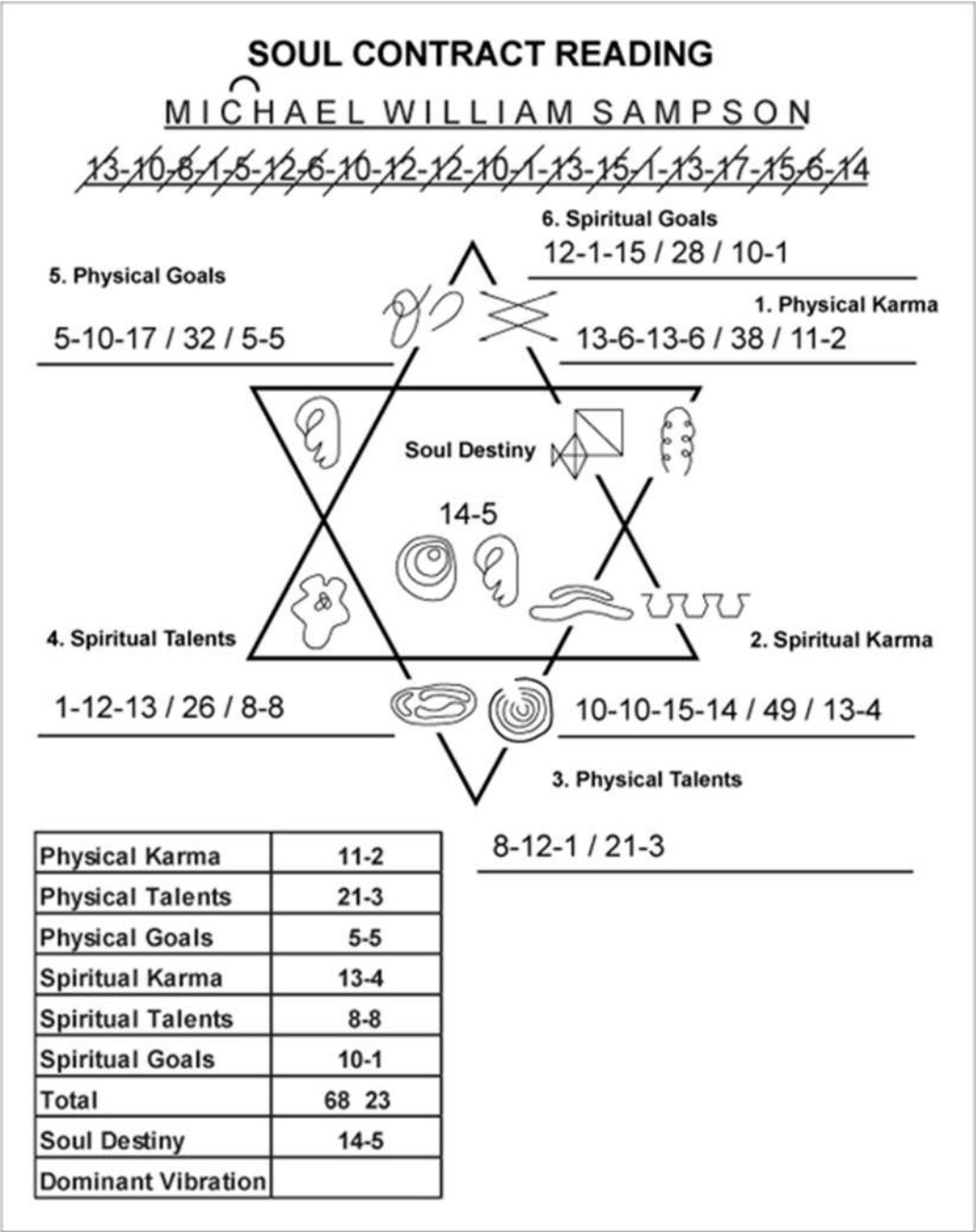


Figure 15: Symbols drawn on the Star of David

Bart Alans' symbols on his chart look like this:

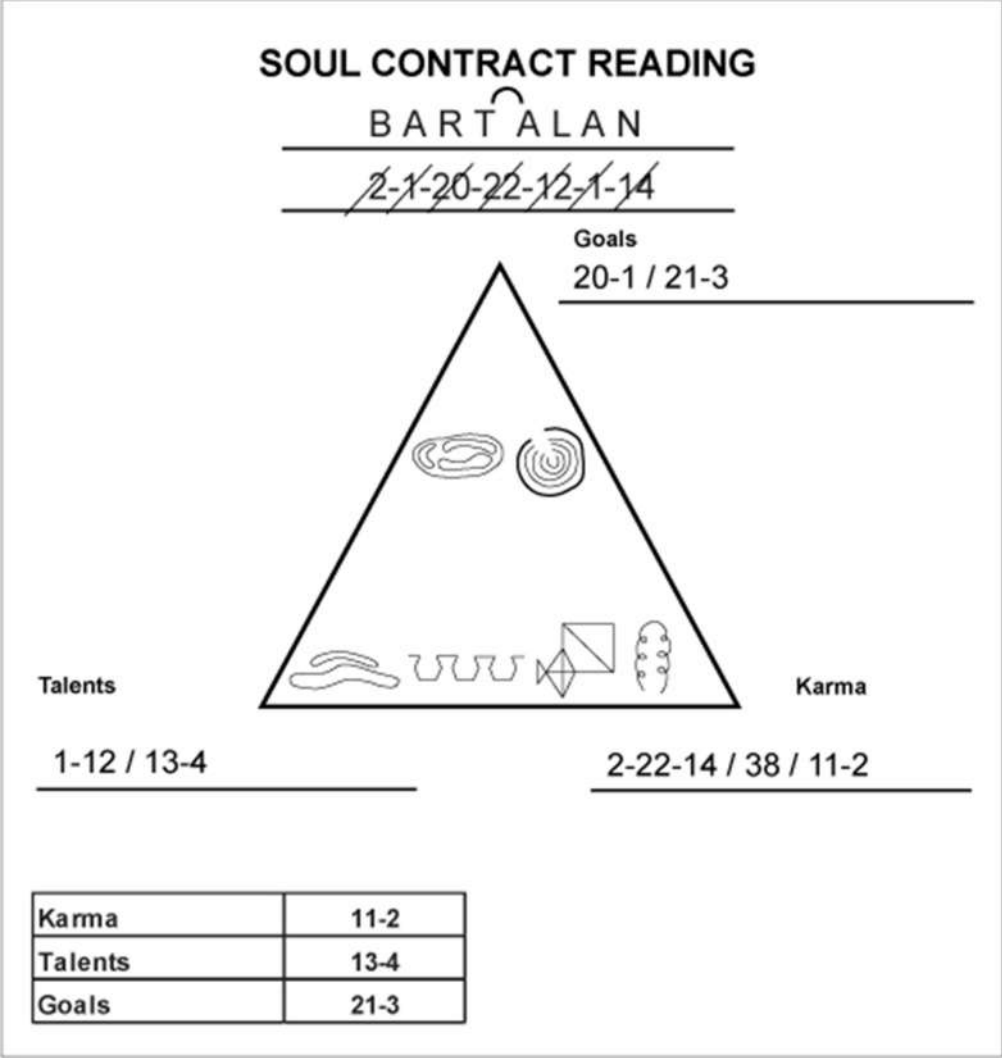


Figure 16: Symbols drawn on the single triangle

Now that we have been through the entire methodology for generating the numbers, it is time for you to take a blank Star of David and work out your Soul Contract chart by following the step-by-step instructions of this chapter. Take your time to ensure that you get it right. Once you have done this, we can move on to explaining what these numbers mean for you in the interpretations that follow in Chapters 4-8.

Chapter 4

Understanding the numbers: generic top-layer interpretations

The aspects of your Soul Contract

There are different interpretations depending on the position that a given number takes:

1. In a **karmic aspect**, the energies of the numbers manifest as lessons that you are trying to grow from. These will be most intense and will usually run throughout your lifetime, decreasing in intensity as your personality learns the lessons. Ultimately, the karmic aspects can become the greatest source of connection to God as the negative energy is literally transmuted into its positive form.
2. In a **talent aspect**, the energies of the numbers are primarily positive. These are initially latent in your personality and need to be developed. At the beginning of your lifetime you have a small element of the karmic aspect of a given number within them that needs to be worked through in order to start manifesting their positive qualities. The talents act as the fulcrum, the key to working through the karmic aspects and achieving the goals in your life. This may not always happen depending on how the other energies in the chart are laid out.
3. In a **goal aspect**, you are to come into the positive aspects of the numbers. The energies are like a detuned version of the karmic aspect. They act as an incentive, like the dream you are striving for, over your entire life – what gets you out of bed in the morning; what you hold dearest to your heart, no matter what anyone else says, even though initially it may seem unattainable. This yearning comes deep from within your soul (see the following figure).

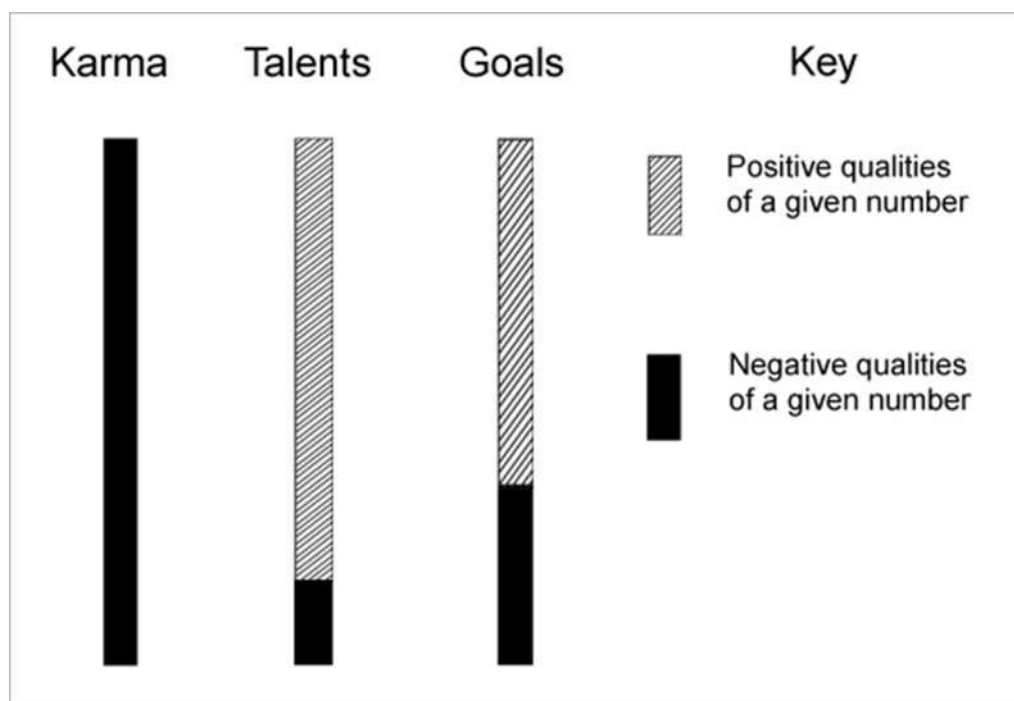


Figure 17: Proportion of positive and negative qualities in an aspect

An open system of interpretation

The interpretations that follow are a comprehensive discourse based upon 33 years of private practice delivering readings and using the Soul Contract work in combination with other healing and consciousness-raising tools at the Center for Conscious Ascension. However, they will never be complete because they can be expanded further as this is an open system of spiritual interpretation. You may gain other insights about yourself as you go through the interpretations which are not written down. Trust these insights as it is the energies of this work communicating to you.

As you read through the interpretations in Chapters 4–8 and find the numbers in your Soul Contract, you may have some or all of these energies running for you in your chart. Some points of interpretation may really resonate strongly for you, while you may not relate to others very much or at all. This is because the soul sometimes only uses a subset of the energies available for a given number. It also depends on what stage of life you are at. Some of the aspects may not have fully activated for you

yet. For the karmic patterns, you may have already worked through and transmuted much of them.

Letting go of the judgement of your karma

If you have a strong resonance with what is being said when reading the karmic patterns, it is important not to judge yourself for what the soul has put in place for you to overcome and transmute. Remember it was not you at a personality level that created this in a past life. It was the soul doing this with a completely different personality expression (Fig 3, p28). You now have the choice of whether you wish to clear the karmic pattern or not. It is the soul's hope that you will.

This process of self-realization, of getting to the absolute truth of what has been creating the challenges in your life, is more about gradually moving to a place of acceptance of the patterns and letting go all judgement of them and any feelings of being bad for having them. **This is the key to transmuting the karmic patterning.** For it is only our ego personality's judgement of them that actually holds them in place along with the associated negative emotions. If you apply conscious healing processes at the same time, eg Divine Healing (Appendix E), then it is possible to rapidly peel away the layers of this karmic programming to reveal the positive gifts underneath it that the soul has placed there for you. For example, with Michael William Sampson's physical karmic 11-2s, in the early years of his life he struggled to discern what was his truth, lacking structure for how life worked. But as he became discerning of his truth, and only built in ideas and concepts that resonated to him into this truth, his structure of truth started to expand – to the point where it could positively manifest in the form of his innovative architectural designs that turned into physical buildings out in the world.

For each karmic pattern that I describe here, I will also present recommendations later in this book on how to overcome them.

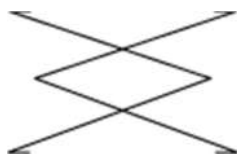
Focusing on the essence of each number

What I would like you to do is focus on learning the key essence of each number so you can start to differentiate between the

meanings of each of the 22 numbers. I have laid out the interpretations for each number in a tiered structure with numbered points to make it easier to learn. Just take your time as you read through and take a mental pause now and then at the end of each subsection to rest and collect yourself and to let the energy of it assimilate. You will need to go through this process several times; each time you do this, the transmission from the text will take you deeper into the meaning of a given number. Essential points to remember are in boxed text at the end of each number interpretation.

Top-level interpretations 1–22

1: Aleph: A



MOTHER LETTER

Symbol

1. This represents two interlocking elements of energy, which, when pulled apart, become stronger and more stable.
2. These are the energies of Archangel Michael, the masculine expression of God, coming from within you.

Number category

Spiritual, communication

Planet

Pluto

Positive:

1. You are analytical and a giver of wealth (philanthropist).
2. You have the ability to see through spiritual walls.

3. You have great power of insight and carry high master energies.
4. You are being reborn, go to the core of things and undergo transformation and transmutation.
5. It is deeply healing because of the transformation.
6. Pluto represents the ending of a cycle for you and the birth of a new one. It is an evolutionary planet.

Negative:

1. You are subjected to deep compulsions, subconscious cravings and wilful manipulations of others to serve your own ends.
2. You may be experiencing ruthlessness, avoidance of yourself and infatuation with power.

Apex of achievement

Crown

The access, the gateway to the Divine Mind

Initiation

Air

1. This is where a young spirit learns to manoeuvre in the ethers for the first time.
2. It is part of the individuation process as a Spirit descends into the density of the separation of 3rd dimensional, Earth-physical reality.

Comments

1. This energy is very strong in any position.
2. When you have access to this level of power, a lot of responsibility comes with it as you are dealing with the energies of Archangel Michael.

3. From an esoteric viewpoint, 1 (one) is the beginning, and Archangel Michael is the Creator of our Universe.

Karma

1. You could be greedy, avaricious or abusive of power.
2. In avoidance of your spiritual growth, you could be unstable as a result.

Talents

1. You can express in unity, power and stability.
2. This is all about creating collective unity within the consciousness of humanity.
3. Coming into mastery of yourself while on Earth. This means transmuting enough of the ego separation programs within you, to allow the ego to be reabsorbed into the higher consciousness of your soul so that it no longer dominates your life.
4. Your soul consciousness becomes the primary power guiding and driving you forth in each moment.
5. You carry the vibrations to disseminate knowledge.
6. You need to be careful not to misuse power in this position; otherwise, this would generate karma.
7. You are very stable, very centred in spirit. This indicates that you are a service soul who has been to Earth many times before and has returned this time to serve humanity by bringing in a higher state of consciousness.
8. It will take you time to get used to the power as you come into it.
9. You are a natural healer.

Goals

Striving to become stable and using power properly

Karma/Goals:

Overcoming abuse of power and avoidance of spiritual growth

Talents:

Unity, power and stability

2: Beth: B**DOUBLE LETTER****Symbol**

1. Actively paternal sign, male
2. Coiled spring, resilient, open at one end so people can come in, move around and experience power and protection

Planet**Moon****Positive:**

1. Feminine, bearing fruit
2. Sympathetic, responsiveness
3. Adaptable sense of self, flowing, inner contentment

Negative:

1. Oversensitivity
2. Insecurity
3. Inaccurate and inhibiting sense of self

Comments

1. This energy is designed to emotionally support you and others.
2. It is like a car's suspension, designed to smooth out life's bumps.

Karma

1. Double Letter: Lessons in Foolishness to Wisdom
2. Lack of proper judgement
3. Lack of balance and misuse of abilities
4. Lack of emotional resiliency
5. Hypersensitive, in shock a lot of the time

Talents

Good for teaching, law, counselling, politics, due to resiliency, as you are objective in expression

Goals

To become wise and emotionally resilient

Karma/Goals:

Lack of resiliency; hypersensitive to shock; moving from Foolishness to Wisdom; learning proper judgement, balance, use of abilities

Talents:

Emotional resiliency, objectivity, wisdom

3: Gimel: G



**MASTER NUMBER: EXTREMELY POWERFUL AND STRONG
(BOTH POSITIVE AND NEGATIVE)**

Symbol

1. Image of the canal, material covering, outer shell with energy patterns on inside
2. Open to receive anyone who wants to come in

Planet

Mars

Positive:

1. Power of protection, initiative, leader
2. Sexuality. Be careful here as this could throw you out of balance.
3. Courage, willpower

Negative:

1. Impatience, willfulness
2. Violence, improper use of force

Comments

1. This energy is all about communication. You are learning to communicate internal concepts that come from inside the canal and bringing them out into the world in a feeling manner.
2. It also goes the other way: being able to hear and absorb feeling and communication from others, drawing it into the canal, allowing a two-way flow of communication.

Karma

1. Double Letter: Lessons in Poverty to Wealth.
2. Your ego can get away on you; insecurity and deep unworthiness lead to refusal to recognize the work of others, just in case you are wrong.
3. You underestimate own abilities, especially the ability to teach.
4. You are failure orientated, with a martyr syndrome.
5. Money, where you find it difficult to charge for services. You hide in a symbolic shell away from the world. You make impulsive, unwise buying decisions and investments, as the 3 wants to spend money, especially on credit cards, to numb out the feeling of deep unworthiness. This can create a lot of debt as a result.
6. You are extremely shy. You have to learn to come out to express your true self in a confident manner. You can literally appear invisible to people energetically: for example, you walk into a room and no one notices you. You need to learn to consciously make yourself visible. You hide in the internal canal, and you hide from God due to unworthiness.
7. You may have sexual blockages.
8. Initially, you do not know what you feel, and when you eventually do, you may have great difficulty expressing this feeling.

Talents

1. Ideas originating from internal actions. You have the capacity to bring concepts to reality.
2. You are intuitive and creative.
3. You have the vibrations of a teacher who is teaching from the soul.
4. You can also communicate through writing and performance, especially singing.
5. You have an above-average interest in sexuality.

Goals

1. To strive to be a teacher of some form and the expression of the inner self
2. To make lots of money and to awaken sexually

Karma/Goals:

Unworthiness; lessons in Poverty to Wealth; underestimate abilities, shy, sexual blockages, unable to feel and express feelings

Talents:

Communication, leadership, teacher, bringing concepts into reality

4: Daled: D



DOUBLE LETTER

Symbol

1. Base structure: geometric unit
2. Energies of duplication: you learn something, then share it in exactly the same way with someone else.

Planet

Sun

Positive:

1. Strength, light purity, perfection, radiation of spirit
2. Creative and loving pouring forth of self, self-expression, individuality

Negative:

1. Pride, arrogance
2. Excessive desire to be special

Karma

1. Double Letter: Lessons in being Barren to Fruitful
2. You can experience a lot of abundance and lack of abundance. What is your attitude in life to abundance in all areas of expression? Are you open to it? Worthy of it? Need to be in lack consciousness?
3. You can be self-centred without regard for anyone or anything. You need to become environmentally aware and learn to take care of Mother Nature, not exploiting her for profit and becoming involved in protecting the environment.
4. This can also relate to the conception of unplanned children, forming the primary lesson in life for you as you learn to share of yourself unconditionally with the child in its upbringing, giving him or her your love, time and energy. If this occurs, each and every one of your buttons will be pressed much harder than normal for a new parent. This is especially strong if you are a man as you will find it particularly challenging taking up parental responsibilities.
5. You have poor self-esteem due to the deep subconscious feeling of being disconnected from God's abundance and love. You have a deep feeling that there is something bad about you.
6. You duplicate selfishness. You can push people out of the way, resulting in isolation.
7. You lack trust in the flow of the Universe and assume something will go wrong.

Talents

1. Sign of nature expressing every idea born of abundance from division. You take all things that come to you unconditionally, then duplicate and share them.
2. You could be a teacher, a minister, statistician, economist, accountant or research scientist.
3. You have the ability for a lot of control and to absorb and duplicate.
4. Highly intelligent mind
5. You have very positive energies and are a real achiever. You draw power from the Sun.

Goals

1. To share and expand all things in your life, love, knowledge, money and yourself
2. To radiate who you are to the world

Karma/Goals:

Lack of trust in the flow of the Universe; to become worthy of the flow; to learn to duplicate and share of self

Talents:

Duplication and sharing, trust in the flow of the Universe

5: Heh: H, E



SIMPLE LETTER

Symbol

1. Symbol of abstraction

Star sign

Aries

Positive:

1. Pioneer, courageous, assertive, freedom
2. You express yourself best as a channel or medium, through automatic or creative writing.
3. You take a firm stand on your beliefs and always put your best foot (Right Foot) forward.

Negative:

1. You can be selfish, arrogant, impulsive, impatient, reckless, foolhardy, immature and impetuous.
2. You can jump in feet first without thinking and can have a tendency to butt in without consideration of others.
3. You can be daring and so may take risks to the point of being a dare-devil.

Quality

Speech

1. This is a key area of strength.

Comments

1. This energy is very light in terms of relative power to the other numbers.
2. The 5 is about coming into manifestation from the world of abstraction.
3. The way to do this is by asserting yourself and using the power of 'speech' to bring the 'abstraction into reality'.

Karma

1. You need to develop positive Aries characteristics. Step out into the world and express and act upon your deepest truth.
2. Be careful not to use your intuitive abilities improperly, as you open up to them so easily and may not value them highly enough.
3. You can be tempted to achieve power improperly. You can be manipulative.
4. Subject to negativity/depression due to sensitivity, inability to adjust to society
5. Very floaty and ungrounded, very mental
6. You have difficulty asserting yourself.
7. You can manifest abuse in your life to experience the misuse of power that suppresses your truth so as to overcome it.

Talents

1. High spiritual, God-like energies. Your mind is very open to God, so you are open psychically and very intuitive.
2. Aries characteristics
3. Creative in terms of bringing forth new ideas, always changing and growing; great as innovators, visionaries
4. Headstrong, teacher of teachers. Make good writers. When you determine something is valid for you, it stays with you.
5. Your strength is in speech.

Goals

To completely open up the mind to the soul and become a teacher of teachers with all the Aries characteristics

Karma/Goals:

Fear of speaking the truth, abuse of power

Talents:

Truth, intuition, pioneer

6: Vuv: V, O, U, W



CONVERTIBLE LETTER

Symbol

1. Convertible knot: creates something out of nothing.
2. Starts with a simple thought and if compatible with truth can create reality out of it.

Star sign

Taurus

Positive:

Practical, possessive, strong-willed

Negative:

Stubborn, bloody-minded and rigid

Quality

Thought

All of creation starts with a thought.

Karma

1. You have an inability to use your will (thought) to achieve what you want. This loss of will stems from a feeling of being disconnected from God. You can feel despondent or angry/frustrated because of this.
2. Blocked creativity and expression of soul essence
3. Abnormal desire to achieve power, anger
4. Isolation
5. You have an inability to focus on one thing. You always have too many things going on at once, and you are never able to complete them. You are easily distracted and can tire yourself out as a result from the stress this brings.
6. Tendency towards addictions, especially smoking, alcohol, drugs and sex. You get hooked on something and have total disregard for others and everything else. You can be somewhat fanatical.
7. Due to the inability to focus and the blocked power, you get very frustrated and angry.

Talents

1. Extremely creative. You have the ability to take a spark of an idea that you resonate with and expand it into creating something in the reality.

2. Excellent business people because you are creative and focused. When you decide on a course of action, you plunge ahead with all your energies. Every action is well planned. You know you can achieve the end result.
3. The Eye, all that relates to light and spirituality. The 6 energy starts as a small spark and moves out into the Universe in many different directions, illuminating, energizing and expanding many different ideas and energies.
4. You are very artistic, especially in the visual arts.
5. Adaptable, can relate to anyone, light/darkness, spiritual/physical. You are a good communicator.
6. Spiritually, your mind is always looking for expansion. Your mental powers of concentration are developed to a high degree.
7. You are quite powerful and catalytic.

Goals

To become focused and creative

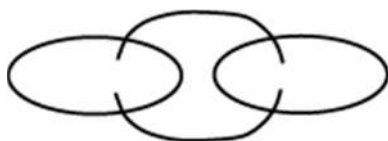
Karma/Goals:

Blocked creativity, lack of focus, rigidity and anger

Talents:

Creative and able to manifest

7: Zion: Z 7



MASTER NUMBER: GREAT POWER

Symbol

1. Take two links of chain and join them with you in the middle. Two factions can break away if they wish.
2. You are here to guide people, not to control or own them, to act as a catalyst, a facilitator.

Star sign

Gemini

Positive:

Versatile, adaptable, intellectual and logical

Negative:

Two-faced, manipulative and controlling

Quality

Action

1. Coming out into the world
2. Connecting with and catalysing groups of people into action

Karma

1. Difficulty knowing what is real and what isn't which creates indecisiveness
2. You can appear to be in dreamland.
3. Gemini lessons: to learn to present your true self to people, not the facade/shield.
4. You play games with people's minds in order to maintain control of situations and prevent your true identity from being revealed. You are initially not even aware of the deep unconscious control you try to impose on people and their environment.
5. You need to learn to communicate how you truly feel and think to people and not hide your emotions inside.
6. You need to integrate as one person.
7. You are really good at hiding who you really are. This can manifest as physically hiding in remote places so that no one can find you.
8. Excellent actors. Nobody can read you.
9. The extreme control can lead to rigidity in your body.
10. You need to learn to accept the dark side of yourself.
11. At your core, you may have a deep fear that you are a terrible person. This is often so deeply buried that you are unaware of it. It creates the feeling that you must hide who you really are. Also, it creates mistrust in yourself, leading to indecision. Your control of yourself and others

is a form of protection so that you don't feel this feeling of being bad and to prevent others from seeing it as well.

Talents

1. You are demonstrative.
2. You are a link that unites and serves as a catalyst, activating major change in people.
3. You are here to finalize decisions, with the capacity to see both sides of a situation equally. Energies like Solomon; arbitrator, judge, counsellor. You can arrive at finality.
4. You are good at networking and bringing together groups of people like yourself and each other; ability to facilitate groups, yet not lead or control them; teamwork.
5. You are magnetic, always liked, the life and soul of the party.

Goals

To become one person and make decisions in life, to come out of hiding and really express your true self

Karma/Goals:

1. In dreamland, indecision, control, hiding, heart closure
2. You can appear to be in dreamland.
3. Gemini lessons: to learn to present your true self to people, not the facade/shield.
4. You play games with people's minds in order to maintain control of situations and prevent your true identity from being revealed. You are initially not even aware of the deep unconscious control you try to impose on people and their environment.
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Talents

1. You are demonstrative.
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5. You are magnetic, always liked, the life and soul of the party.

Goals

To become one person and make decisions in life, to come out of hiding and really express your true self

Karma/Goals:

In dreamland, indecision, control, hiding, heart closure

Talents:

Heart opening, objective, action

8: Ches: CH



Symbol

1. The sign of elementary existence relating to the physical; like an amoeba, fluid
2. Most powerful earth vibrations available, binds you here to Earth

Star sign

Cancer

Positive:

Sensitive, imaginative, paternal and protective

Negative:

Clingy, need to be needed, overemotional

Quality

Sight

Clairvoyance, the ability to clearly see the future

Karma

1. You are to learn to release attachments to people and things, to let go of the past.
2. Self-sacrificing, overinvolved in the problems of others physically. You need to learn to let others get on with their life lessons rather than trying to 'fix' them.
3. You need to come into your body and be emotionally grounded. You tend to run a lot of mental/intellectual body models of how emotions and feelings should be rather than experiencing them directly through your heart, which is usually closed in early life. You can be

very analytical as a result. Coming into your emotional body can be quite a shock for you.

4. You can feel trapped on the Earth plane when the emotional intensity from suppressed childhood trauma comes into consciousness at a feeling level. You can feel like you would rather die than engage with your feelings. This can be difficult to overcome.
5. Difficulty committing to life, eg emotionally in relationships, especially for men, having a fixed address, having a job, furnishing a home properly. There is a need to get into the spiritual.
6. Inability/reluctance to relate to society, therefore avoiding the normal trappings of modern life, such as a stable job, a stable address. This is due to the fear of taking responsibility and fear of commitment.
7. Because you can be ungrounded, you tend to be hard on your body and on material things. This can manifest as bad hygiene, tatty clothes, forgetting to wash or change your clothes enough, keeping your house clean. You have a tendency to break things.
8. You tend to relate better to animals than humans.
9. The core program of this pattern is 'I don't want to do this' or 'I don't want to be here'.
10. Unrequited love. You can have mental body models and projections of the ideal relationship, becoming attached to it, wanting it back. The reality would be quite different where you would need to learn how to become fully present and to respond fluidly to the emotional ebb, flow and change of true relating.

Talents

1. You are usually a high-frequency soul coming into the reality and relating to the heaviness of the place. This is a big effort that requires constant work. You are home orientated and have a difficult time in business.
2. Clairvoyant with respect to the future. You tune into a situation and know the truth of it. You have an extensive spiritual insight. You generally make less errors in spiritual judgement, but more in areas pertaining to the physical (indecisiveness).

3. With these energies, the feminine qualities of nurturing, relating, supporting and intuition are dominant. This makes it difficult as we live in a society where masculine qualities are valued and are dominant.
4. Right Hand extended to all

Goals

To become grounded in society and to reach out and connect to people emotionally

Karma/Goals:

Ungrounded, avoiding connection, unclear boundaries

Talents:

Grounded, connecting with people

9: Tes: T



POWER

Symbol

Like a snake, dragon related to great power

Star sign

Leo

Positive:

Power, creative, generous and organisation, warmth

Negative:

Vanity, pride, dramatization

Quality

Hearing

The ability to hear God clearly

Comments

1. You have an invisible protection from God which manifests as a feeling that you are going to be OK no matter what happens.
2. Too many 9s (more than four) in a chart can be hard on the physical body.

Karma

1. Resistance to the acceptance and expression of your spiritual power
2. Tendency to misuse power, control, destruction of other people or create the reality that this is 'done' to you, usually through a tough childhood where one or both parents actively disempowered you. Alternatively, you may manifest abusive situations at school and work. The tendency to misuse power is unconscious and stems from being traumatized.
3. You are here to express your feelings of disempowerment and to then claim back the power you have given away. When you have regained power, this may feel scary to you at a personality level which is not used to being so powerful. The sudden realization of how powerful the 9 energies are can make you feel over-whelmed as you start to see the effect it has on other people.
4. Blockages to creativity as you don't trust your channel (Left Kidney). Due to this inability to trust the self there is a tendency to live by 'rules' that may come from a Guru, teacher or system. You are giving your power away to this.

Talents

1. 9s are the most powerful energies in this system. You can basically do anything you like and are unstoppable. You are the power of God incarnate.
2. Extremely creative

3. You serve as an extremely powerful catalyst, peacemaker and have strength in stability.
4. Excellent channels and mediums, channelling chakra opens up at an early age
5. Brilliant healers
6. You possess great strength and belief in yourself and learn to trust intuitive feelings, due to the unconscious knowing of power. When you hear your truth, you know it.
7. The soul is so powerful that these energies can be tough on the physical body, often pushing it beyond its limits.

Goals

To claim back and express your power with great integrity

Karma/Goals:

Resistance to power, victim consciousness, no boundaries

Talents:

Powerful, catalytic, trusts spirit

10: Yod: I, J



Symbol

1. The symbol of potential manifestation of Spirit on the Earth plane
2. Moves in curves which is captured in this symbol.
3. Spirit is eternal and forever moving.

Number category

Spiritual

Star sign

Virgo

Positive:

Analytical, meticulous and discriminating

Negative:

Critical, perfectionist, overly mental

Quality**Work**

You are a steady, studious worker and have to work hard to achieve in all aspects, especially in the karmic ones.

Comments

1. This is the flow of Spirit coming into the reality.
2. You are very connected to the Source.
3. Masculine and feminine energies are very balanced in your expression.

Organ**Left hand**

1. You keep it in your pocket.
2. You do not want to reach out.
3. You do not want to take a chance or let others know who you truly are.
4. In relationships you have a tendency to stay superficial and do not connect to the essence of others.

Karma

1. Use both 10 and 1: blend both negative aspects together to get the full meaning.
2. Denial of God and spirituality
3. Overly critical, insecure and prejudiced
4. Self-righteous and judgemental of others
5. At some point in a past life, a real denial of God occurred, and your soul has either misused spiritual gifts or not used them at all. All came too easy.

6. You are here to learn the responsibility of growth and power.
7. You must work hard for what you achieve.
8. You are always tempted to leave your path. You vacillate and change goals often. Life is one of work to maintain your spiritual path.
9. Spirit has to make sure that a very strong mind is built before the full flow of 10-1 talents becomes available to you.

Physical Talents

1. Highest God-like energies in numerology, yin/yang, energies of balance
2. A vocal expression
3. Excellent healers, inventors; creative
4. You have trouble adjusting to physical vibrations and often feel like a misfit in society.
5. You do not really have Physical Talents. There are no pure physical aspects. You are here to be of direct service to others, in order to get a sense of satisfaction in life.

Physical Goals

1. You have none. Physical Goals are spiritual.
2. You are here to learn to use the spiritual knowledge/abilities you acquire in the service of others.
3. There is no free will as energies are so powerful, which means the expression of your service becomes your life goal.

Spiritual Talents

1. Capacity to come into full soul consciousness
2. You are completely connected, aware, very balanced and stable.

Spiritual Goals

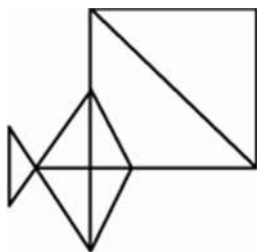
To achieve conscious mastery of self in this lifetime

Karma/Goals:

Overcoming denial of God and spirituality and misuse of power

Talents:

Manifestation of God, service, intuition

11: Caf: C**DOUBLE LETTER****Symbol**

1. Sign of assimilation, mould which receives and creates all forms
2. Physical energies to a great degree

Planet**Venus****Positive:**

1. Love, personal values, harmony; combines with the emotional support of the 2: Beth of the 11-2, enabling you to invite people into your aura to teach, nurture and share with them.
2. Sharing, give and take, generosity of Spirit

Negative:

Self-indulgence, greed, emotional demands, inhibition of affections

Karma

1. Double Letter: Lessons in Death to Life, physically and spiritually
2. Inability to achieve balance in life's experiences
3. Tendency to avoid goals as Moon energies of 2 are cyclic, so you can misinterpret things relative to life and death.
4. You can take on dysfunctional patterns as your own, as you are not very discerning as to what you assimilate. These are not something being imposed upon you, and can result in manic-depressive behaviour.
5. Tendency to become dependent on others due to your need for structure in life. You have a feeling that you cannot do it on your own. This leads to immobility and underachievement.
6. You have difficulty assimilating information, ideas and knowledge. This can create problems at school. You need to develop your own structure of truth. You may have difficulty absorbing a Soul Contract Reading.

Talents

1. You have the ability to open yourself to all ideas of concept, sort out the garbage and create a solid truth. You have a logical, analytical mind and are realistic.
2. You can expand and bring concepts into reality. You are involved in analysis and statistical research.
3. Highly intelligent, way above average
4. Building energies both physically and spiritually, eg a business, a body of knowledge

Goals

To create a structure of truth, which could be a physical construct like a business or building, a philosophy of living, a system of healing and similar

Karma/Goals:

Lack of structure, feeling lost, life and death

Talents:

Assimilation, structure

12: Lamed: L



MASTER NUMBER

Symbol

1. Sign of expansion and expression
2. Flowing, seeking growth and very symbolic spiritually
3. Incentive to continue to expand to get more knowledge to teach

Star sign

Libra

Positive:

1. Harmony, romantic, idealistic and togetherness
2. A coming together, balance

Negative:

Unbalanced, indecisive, sitting on the fence

Comments

Strong energies in positive and negative expressions

Quality

Coition

This is the act of love. In a karmic position, this can get very excessive, eg multiple partners, or completely non-existent.

Karma

1. Your prime lesson is to learn the balance of the physical and spiritual. There are always obstacles placed in your path to prevent this.
2. Trying to expand, but keep being limited and restricted. This can often manifest some form of physical or emotional illness to limit you.
3. Self-guilt, lack of self-worth resulting in a constant need for approval from others
4. Threat of emotions and sexual desires interfere with your spiritual growth.

Talents

1. Strong incentive to expand knowledge base. Great thirst for learning new things which are internalized and expanded before they can be shared. You like reading and can be a bookworm.
2. You possess the ability to share great love with those who have a need for it.
3. You always want to mother everyone.
4. You can see beauty, even from the lowest vibrations.

Goals

To expand and achieve balance in your emotional, spiritual and sexual expression in life

Karma/Goals:

Learning balanced expansion

Talents:

Absorption, expansion, love

13: Mem: MS



MOTHER LETTER, MASTER NUMBER

Symbol

1. Sign of water and wisdom. The upper waters are beyond our comprehension; they are not revealed.
2. The lower waters are the lakes, the rivers, the seas; they are revealed.

Planet

Neptune

Positive:

1. Idealistic, spiritual, sensitive and creative; female expression of God, Sananda
2. Attunement with the whole, realisation of spiritual dimension of experiences, all encompassing compassion, living an ideal

Negative:

1. Self-destructive escapism, evasion of responsibilities and your deepest needs
2. Refusal to face one's motives and to commit self to anything

Apex of achievement

Wisdom

1. One of the major qualities of the feminine aspect of God is Wisdom. Coming into these energies requires the acquisition of Wisdom.
2. This is acquired by delving deep into the water of your emotions so that what is hidden becomes revealed.

Initiation

Water

This is when a personality goes into the depths of their emotions, to engage with their negative context, created in order to transmute them.

Comments

1. Even though this energy is very feminine, soft and loving, it is also very powerful.
2. More of this energy is arriving on planet Earth, especially in Name Optimizations ([Appendix C](#)).

Karma

1. You are self-indulgent and neglect the needs of others, especially children.
2. Your heart is really closed, and you have a kind of tough exterior.
3. You need to learn to be soft and loving like a mother.

Talents

1. A maternal and passive sign
2. A fruitful and creative sign coming from a very soft vibration
3. Sign of total love; Mother Meera type energies
4. Make excellent teachers, leaders of spiritual movements, counsellors and ministers
5. This is the still water that all beings come to eventually for nourishment. It just waits for them to come to it.

Goals

To become loving and wise

Karma/Goals:

Heart blockage to love, self-indulgent, neglect needs of others

Talents:

Unconditional Love of Divine Feminine

14: Nun: N



Symbol

1. Sign of etheric and individual existence
2. Product of reflected being

Star sign

Scorpio

Positive:

1. Intense, passionate, persistent and discerning
2. Depth, mysteries and secrecy

Negative:

1. Overly intense
2. You can get very negative in your expression.

Quality

Smell

1. This is the first step in the discernment/digestion process.
2. You have the ability to decide if something is even edible.

Comments

1. The main feature of this energy is the overriding intensity, both for you and those around you.

Karma

1. You are heavily involved in relationships to learn self-acceptance.
2. Stubborn, you can use people for your own benefit and refuse to acknowledge the talents of others.
3. You cannot know who you are by yourself. You can only know who you are by having unknown parts of yourself reflected back to you in relationships; thus, you create very intense relationships with all around you. Because of this, you can get emotionally burnt out.
4. You are ungrounded.

Talents

1. Very psychic. However, you must learn to use it and share it with others.
2. You are very discerning on all issues directly related to your life.
3. You are adaptable to new situations and generally have an open mind, willing to listen to new theories and philosophies.

Goals

To discover who you truly are and accept it

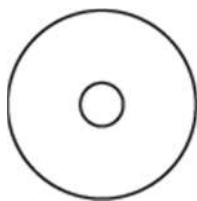
Karma/Goals:

Learning self-acceptance through relationships, using other people, stubborn

Talents:

Reflection and intensity in relationships

15: Samech: S, X



Symbol

Link reinforced and turned back upon itself

Star sign

Sagittarius

Positive:

1. Optimistic, versatile, scrupulous; freedom
2. Restless aspiration propelling you towards an ideal

Negative:

Unscrupulous, blunt

Quality

Sleep

1. You are asleep, unconscious of the God within or the God without.
2. The goal is to wake up, to become conscious of where God is within your life and connect to it.

Karma

1. An insecure sign
2. Tendency to be involved with so many things that you can lose your purpose and direction. You can latch on to other people's ideas and aspirations and adopt them as your own as you lack your own purpose. In doing this, you lose time and go round in circles. When you wear out someone else's aspiration, you look for the next thing to latch on to. Given a spiritual direction, you may not accept it until it has been heavily researched, often resulting in losing the whole concept. This can result in you becoming tired and burnt out.

3. You need to learn to become the positive aspects of Sagittarius: more optimistic, versatile, less closed in.

Talents

1. These are very high frequencies that have the ability to live with God on the inside and the outside.
2. It relates to the inner circular movement of one's Spirit, always searching and seeking to find more of God, both on the inside and the outside.
3. These energies are more gentle than 9s or 10s. You are on a gentle spiritual journey.

Goals

1. To find God within and God without
2. To find your purpose in life

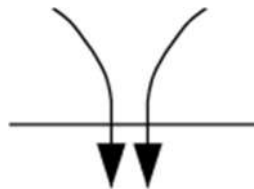
Karma/Goals:

Insecure, going round in circles, trying out lots of things

Talents:

Feeling the God within

16: Ayen: Y



Symbol

1. Relates to material meaning pertaining to the physical plane and society

Star sign

Capricorn

Positive:

Prudent, reliable, ambitious and determined

Negative:

You must learn to release these hard, physical vibrations for love. You can be stingy and unadventurous.

Quality

Anger

1. If the liver is toxic, repressed anger is stored.
2. Conversely, the energies of anger when taken to a higher form are deeply purifying.

Karma

1. You can have a tendency to lie, be negative and refuse to accept your spirituality.
2. Deeply involved in karma relating to the physical. This is where you are learning to relate your spiritual energies to the Earth emotional plane. This manifests as intense karmic experiences in your interactions with people.
3. The transition to a spiritual vibration is often difficult for you due to your heavy emotional involvements.
4. You often, rebel and fight changes within your pattern of spiritual growth.
5. You have difficulty accepting the love vibration as love is the flow of spiritual energy.
6. The lesson is to develop the capacity for taking spiritual energies and relating them to the emotional Earth plane.

Talents

1. You came here to teach people in karma, not service souls. You have the ability to come across to people as a real human being.
2. Authentic

Goals

To learn how to bring Spirit to Earth in an accessible manner

Karma/Goals:

Refusing to accept spirituality coming in

Talents:

Grounding spiritual energies into Earth plane in an accessible way

17: Peh: P, F**DOUBLE LETTER****Symbol**

1. Sign of speech and emphasis

Planet**Mercury****Positive:**

1. Good business sense, teaching, success, thirst for knowledge
2. Creative use of skill or intelligence
3. Ability to come to agreement through objective understanding and clear verbal expression
4. Reason and power of discrimination used to serve higher ideals

Negative:

1. Abuse of skill or intelligence
2. Amorality through rationalization of anything
3. Opinionated and one-sided communication

Karma

1. Double Letter: Lessons in Slavery to Dominion (Sovereignty)
2. Inability to relate to others or the lack of a desire to do so
3. Inability for self-expression due to fear of unworthiness
4. Emotionally disturbing energies; hugely suppressed emotional expression, often in childhood
5. You need to overcome what has been imposed to keep you quiet and in the background, eg dominant parents.
6. This can manifest as mercury poisoning from fillings and other types of poisoning associated with the emotional armouring you develop to protect yourself.

Talents

1. Generally on a path of spiritual initiation to prepare you for your work for God
2. As you express yourself, you move forward to God.
3. You really need to talk, write, express yourself.

Goals

1. Your goal is to learn universal brotherhood, ie the connection of all beings.
2. To teach, to be the Mouth of God

Karma/Goals:

Slavery to Dominion, suppressed emotional expression, inability to relate

Talents:

Expression in society

18: Tzaddi: TZ



MASTER NUMBER

Symbol

1. Sign of finality and solution
2. Walking many different paths in past lifetimes which now come together and you are being asked to make a decision who are you, will you follow the path of Spirit/God or not?

Star sign

Aquarius

Positive:

Humanitarian, independent, inventive, intellectual and eccentric.

Negative:

1. Stubborn, you don't want to see others' point of view.
2. Emotionally detached, ungrounded, heady

Quality

Swallow

If you are going to make hard decisions in life, you need to have swallowed a lot of experience from past and present lives.

Karma

1. Self-sacrificing at your own expense, losing the concepts of your own growth
2. Learn not to look back and judge past actions. Whatever other people take on is their problem; let go of the guilt of how you might have affected someone.

3. In a place of unworthiness, you cannot decide who you really are.
4. You are always asking other people what you should do in situations.
5. Learn that there are no mistakes. Learn to forgive yourself.
6. Learn to finish projects.
7. Overall, you are learning to follow Spirit to the end or not. You are in a place of indecision.

Talents

1. These energies are highly evolved spiritually; leading to the end, the ultimate goal.
2. You are a very powerful being who can make the hard decisions. Therefore, you are excellent in business and as a 'project manager'. You can hold an entire project together from beginning to end and make sure everything is delivered on time. You hold the big picture.
3. You are always seeking new challenges.
4. You are often here in a service incarnation, ready to teach on any occasion.
5. You must learn to discern your reality and reject unrealistic energies.
6. You have a very futuristic mind.
7. As an international person, you can travel overseas a lot, so are difficult to ground as always in service to others.

Goals

1. Procrastination: you can complete 80% of a job, then get someone else to finish it off. Learn to make decisions. Learn to finish projects.
2. To follow Spirit to the end

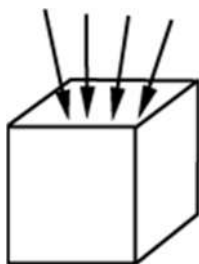
Karma/Goals:

Fearful of making wrong decision, 'Shall I follow Spirit or not?'

Talents:

Choosing to follow Spirit

19: Kof: K, Q



Symbol

Relates to material existence giving meaning to form

Star sign

Pisces

Positive:

1. Impressionable, compassionate, emotional, intuitive and receptive
2. Men: minds run in two directions simultaneously, usually unable to cope with this
3. Women: extremely intuitive, able to swim in two directions at once

Negative:

Overemotional; Pisces men are flaky, overly sensitive, inconsistent.

Quality

Laughter

Learn to laugh at the world.

Karma

1. Overinvolvement in physical vibrations, misusing your spiritual gifts once again. Obtained power/position at expense of others. Often, you have misused your growth in past lives and are here to work it out again.
2. A lot of self-judgement
3. You feel you know it all, but have to learn to use it properly, not to take it for granted.
4. You manifest many obstacles to your life dream of setting up a centre

Talents

1. You represent a positive effort for mankind. You are here to help others reach their goals and to understand them.
2. Service orientated. You are here to bring spiritual energies into manifest form such as a centre to hold space for others to come and grow spiritually, and understand and achieve their goals in life. You may personally hold the space for others to do this.
3. Make excellent writers and achievers
4. Clown energies

Goals

To set up a centre and to learn to laugh.

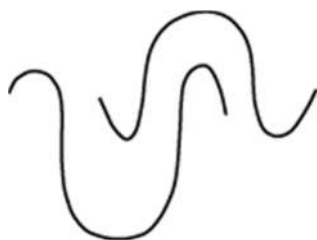
Karma/Goals:

Overinvolvement in physical vibrations misusing spiritual energies

Talents:

Creating space out of spiritual energies for others

20: Resch: R



DOUBLE LETTER

Symbol

Relates to movement; good/bad, positive/negative

Planet

Saturn

Positive:

1. Law enforcer, father image, practical and constructive

2. Disciplined effort, acceptance of duties and responsibilities, patience, organization, reliability

Negative:

Self-restriction through lack of faith, rigidity, coldness, defensiveness, crippling inhibition, fearfulness, negativity

Karma

1. Double Letter: Lessons in War to Peace
2. By not working out the balance, you could end up as a criminal, lawbreaker and rebel.
3. You are rigid in your beliefs and do not want to budge.
4. Because of the great movement, you are subject to ups and downs in mood.

Talents

1. Creative flowing energies
2. Flexible, versatile, highly inquisitive, goal seeker relating to the physical, always searching and restless
3. Physical and spiritual explorers, never want to retire, always keep moving. You explore areas of experience far beyond those of the cultural group from which you come.
4. You are very easy to work with in a therapy situation as you can rapidly move to new places within yourself.

Goals

To learn to become the explorer and let go of rigid beliefs

Karma/Goals:

Rigid belief systems, War and Peace

Talents:

Movement

21: Shin: SH



MOTHER LETTER

Symbol

Mother energies of the Trinity utilizing intelligence, duration, strength and durability to last, overcome and grow

Planet

Uranus

Positive:

Independent, inventive and humanitarian, attuned to the the whole, originality, directed experimentation, respect for freedom

Negative:

1. Wilfulness, restless impatience, constant need for excitement and purposeless change
2. Rebellion, extremism

Apex of achievement

Intelligence

Shin is the flame of knowledge.

Initiation

Fire

This is a big wake-up call by the soul of Solomon as he works consciously or silently with your ego personality to burn out a big layer of separation programming so you can start to follow your Spirit without hesitation. This can be quite gentle or very intense.

Comments

In a positive expression, this energy is very balanced as it contains three elements.

Karma

1. You are caught up in your own self-importance and turn others aside.
2. You have no incentive, no energies. You may have Chronic Fatigue Syndrome or may be overweight as a direct manifestation of the blocked energy.
3. Blockage of power/creativity. You have to overcome obstacles and reach things denied to you. This can lead to a lot of anger. You have to develop endurance.
4. You have very strong, heavy energies that are hard to move and overcome.
5. You could have complete suppression of your being by your parents.
6. Basically, you do everything the hardest possible way.

Talents

1. You possess great inner strength and are goal orientated and goal achieving. You have the strength to withstand much hardship and strife.
2. You have chosen this incarnation to serve God, and one way or the other you will.

Goals

To develop endurance and unblock your power and creativity

Karma/Goals:

Does everything the hard way, blocked energy

Talents:

Ability to endure and overcome big challenges and hardships

22: Tau: TA



DOUBLE LETTER

Symbol

Sign of reciprocity, completion of the cycle.

Planet

Jupiter

Positive:

1. Humanitarian, holder of the law, expansion, philosopher and benefactor
2. Faith, reliance on higher power, optimism, openness to Grace

Negative:

1. Overconfidence, laziness, leaving the work to others
2. Scattering energies, irresponsibility, promising too much

Karma

1. Double Letter: Experiences Ugliness to Beauty in both the physical and spiritual.
2. Learning to open to your love and spiritual power; otherwise, this leads to avarice, greed and selfishness.
3. Complete blockage of the connection to the Creator/the Source energies within. This leads to great inner torment and inner tension.
4. May be impotent or infertile.
5. Severe birth trauma to create deep sense of separation from God/the Source, which you may be conscious enough to feel, which makes it even worse.

Talents

1. Signifies the completeness, the oneness within yourself. This usually relates to the last or next to last incarnation of service for God.
2. You are able to access the multidimensional parts of yourself, from here to the Source.
3. You are here in total service.
4. You have all you need inside and just need to remember it.

Goals

To learn the proper use of the Creator energies within you

Karma/Goals:

Complete disconnection from Source, very painful

Talents:

Completion, blending mind, body and soul; reconnected to the Source

Chapter 5

Double Letters

The Gateways

The Double Letters are related to the seven Gateways to man: two Eyes, Ears, Nostrils and one Mouth. **Right** is regarded as a positive attribute. **Left** is regarded as a recessive or negative attribute, something to be overcome. For example, the **Right Eye** pertains to the ability to perceive the future. The **Left Eye** is the aversion to projecting yourself into the future and stands for unworthiness. You may have trouble with that eye.

If, for example, a **Left Eye** appears in a karmic aspect of your chart, it means you are meant to overcome the challenges of the lessons of that Gateway – in this case, to learn to look at the world as it really is. If it appears in a talent aspect, then this Gateway has some minimal effect as you activate the positive qualities of the 11. If it appears in Goals or Soul Destiny, the negative effect is initially stronger as you come into the positive energies of the 11, but nothing like having it in a karmic position.

Another example is a **Right Ear** appearing in a talent aspect, in which case you have the positive qualities of it available to you. If it appears in Karma, Goals or Soul Destiny, then you are to come into these positive qualities.

TABLE 13: GATEWAY INTERPRETATIONS

Number	Gateway	Interpretation in karmic/goal/Soul Destiny aspect	Interpretation in talent aspect
2	B Right Eye	It is about learning to perceive things clearly.	You have the capacity to perceive what reality is, to see things as they truly are.
11	C Left Eye	You are refusing to look at the world as it really	Initially, you may have some

		is. You could be an overly sensitive soul with a different truth and therefore in avoidance and wanting to only stay within its own vision. This can manifest as a lazy eye. This is the inability to really hear and absorb what someone is saying to you. Tendency to interrupt, as a knee-jerk reaction, and defend the old expressive philosophy no matter what, so that the words of others do not trigger feelings of unworthiness. This may manifest as tinnitus. You will not listen to anything which is not part of your fixed belief system. This may manifest as tinnitus.	elements of learning to look at the world as it really is, before moving to the positive aspects of seeing things as they truly are. You are open to listening to others and prepared to hear, making you a flexible person. You are not locked into one expressive philosophy and are open to absorbing and hearing change.
3	G	Right Ear	
17	P	Left Ear	For a short while, you may have some elements of not listening to anything which is not part of your belief system, before moving into being able to hear things which are outside of your existing beliefs.
4	D	Right Nostril	Inability to sense what is about to come to you. Things turn up unexpectedly in your life. Ability to anticipate what is coming next, awareness, insight; your mind is open to sense the future. It is looking for what is coming up next. You can

20	R	Left Nostril	You do not want to sense the future; you want to keep things exactly as they are. There is rigidity.	literally smell it approaching. For a short while, you may have some elements of not wanting to sense the future, before moving into the ability to anticipate what is coming next.
22	TA	Mouth	Oral expression very closed and/or being misused	Oral expression very open

The Directions

The seven Double Letters relate to the seven Directions that are positive qualities in a talent aspect. These are symbolic: for example, height is the ability of expansiveness, the ability to explore higher realms. Open your mind to what the Double Letters mean for you. Think of these interpretations as an increment to all that you have learnt about yourself so far. They are strong lessons in Karma, and positive qualities to come into in Goals and Soul Destiny.

TABLE 14: DIRECTION INTERPRETATIONS

Number	Direction	Interpretation in karmic/goal/Soul Destiny aspect	Interpretation in talent aspect
2	B Height	Experiencing things in life from many different perspectives as you move up and down on the symbolic spring of the 2. As your perception of what is true changes all the time, it can be hard to know how to act, resulting in the energies of	Ability to look down objectively at the reality from a higher perspective; these are the energies of Wisdom.

Foolishness. Eventually, you learn to be able to look down objectively at the reality from a higher perspective; these are the energies of Wisdom. This can take a long time to achieve.

3 G Depth Inability to go into the depths of yourself to feel and express what is really there. Can be very frustrating.

Ability to draw unknown feelings up from the depths of your being into consciousness and to express them into the world.

4 D East Inability to allow new options, creativity and possibilities to come into your life, thereby creating a feeling of being stuck.

The archetype of the Lover ([Ref 11](#)), being open to receiving new things rising like the sun at dawn into your life. The unbounded, creative feminine flow of Spirit. Connection with the beauty and richness of the world. The colour is yellow like the rising sun at dawn, the light of illumination. The emotion is grief, the element is Water.

11 C West Things leaving your life, like the sun at dusk. In a karmic position, it is the inability to let go old things that are no longer needed. Death, transformation from one

The archetype of the Magician ([Ref 11](#)), the shaman, the healer. The energy of introspection, going within to find the gifts

state to another. The shadow or hidden self. of healing. The

Chapter 6

Simple Letters

The Organs

There is a body **organ** symbolically associated with each of the 12 Simple Letters. Sometimes they can relate directly to a physical organ, such as having liver disease, if you have a karmic 16. It can also relate to a blockage in a meridian associated with that organ.

The right-side organs primarily apply in a talent position. If they are in a karmic or goal position, it is a quality that you are here to come into. The left-side organs apply primarily in a karmic position. It will be much less intense in a talent or goal position.

For organs without left or right sides in the body, if they are in Karma, Goals or Soul Destiny, you will need to overcome the negative aspect of them. This is strongest in Karma and much less in Goals and Soul Destiny. In Talents, generally there will be a small element of the negative aspect of the organ to work through initially as you move into the positive energies.

TABLE 16: ORGAN INTERPRETATIONS

Number		Organs	Interpretation in karmic/goal/Soul Destiny aspect	Interpretation in talent aspect
5	H	Right Foot	Fear of persecution if you try to step forward in your truth	Symbolic of you moving forward, stepping into new areas declaring yourself, being a real positive action person
7	Z	Left Foot	You do not want to move forward. There is a concrete anchor that keeps you stuck in the past. This primarily	There will be some lesser elements of moving out of the past as you come into the positive qualities of the

			applies in karma.	seven talent energies.
6	V	Right Kidney	You have an inability to discern/filter if something is your truth. You ask everyone else what you should do and do not listen to your first inner feeling which is likely to be correct about a situation. The kidney filters, and so this is related to discerning what is coming to you. You often have lower back and sacroiliac problems due to suppressed life force.	You have the ability to discern/filter if something is your truth. You trust your inner feeling which is likely to be correct about a situation and allow the power of your soul to come through you and manifest that feeling into reality.
9	T	Left Kidney		
8	CH	Right Hand	You are unable to reach out to others and receive or share. You keep it in your pocket, you don't want to reach out, you do not want to take a chance or let others know who you truly are. In relationships, you have a tendency to stay superficial and do not connect to the essence of others.	Your hand is extended to others, open to receive and share. There will be some lesser elements of not wanting to reach out to people as you come into the positive elements of the 10s.
10	I	Left Hand		

Chapter 7

Double numbers: 1-1 to 9-9 – aspect-specific meaning

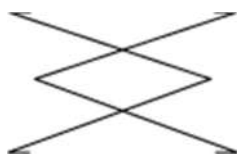
Deeper layers of meaning

In Chapters 7 and 8 we will build on the generic meaning of the individual number interpretations laid out in the previous chapter and take you down to the next level of aspect-specific meaning. You need to go through the generic interpretations in Chapter 4 first, then add the additional meaning of these chapters to it.

A specific range of frequencies to experience

When the soul chooses double numbers (1-1 through 9-9) in a chart, it is choosing a specific set of frequencies to experience. If there are many double numbers in a chart, the life path can feel narrow and rigidly defined. It is not possible to deviate from this path. It feels like there is no choice but to follow it. When a double number is in a karmic position, it is really important to work through. A mixture of double numbers and combination numbers (10-1 through 22-4) is optimal.

1-1: Aleph: A



Comments

1. Rarest combination formed from 10-11 letter names
2. Many positive things
3. You need to be careful of negative things.
4. Energies of Archangel Michael, the point of Light from which all Creation came. Therefore, these are powerful energies which give you the ability to transform people's lives.

Physical Karma

1. Great misuse of power
2. Total control of people

Physical Talents

1. Great power of expression and energy
2. Excellent for healing

Physical Goals

To become a healer and/or teacher

Spiritual Karma

1. Similar to Physical Karma
2. Total denial of the Oneness of Spirit

Spiritual Talents

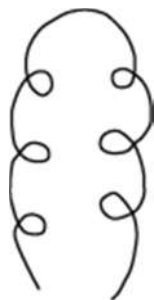
Great power of healing and energy transformation

Spiritual Goals

To become a healer and/or spiritual teacher

Soul Destiny

1. To stand at one end of the polarity in this reality as the Light of God to illuminate the pathway back to Source for those who are drawn to work with them
2. Transmitting Unity Consciousness into the reality

2-2: Beth: B**Comments**

Rarest combination formed from 10-11 letter names

Physical Karma

1. Rigid, lack of resiliency
2. Misinterpretation of reality
3. Hypersensitive

Physical Talents

1. Really resilient, not adversely affected by adverse situations and/or failure, you are flexible and adaptable.
2. There is foundation of belief and strength inside you.
3. Very objective. You possess great wisdom.

Physical Goals

You are here to become resilient, objective and wise, eg a counsellor.

Spiritual Karma

Rigid, lack of resiliency

Spiritual Talents

Intuitive counsellor at the highest level

Spiritual Goals

To achieve resiliency in emotional expression

Soul Destiny

To achieve resiliency and objectivity in your service to others

3-3: Gimel: G



Physical Karma

1. You need to learn how to express and share your feelings and ideas.
2. You are here to learn to become a teacher.

3. You need to develop your self-worth to express the depth of your soul's wisdom.

Physical Talents

1. Symbol of great expression/vocalization and teaching
2. You always have the innate need to share what you have learnt.
3. Sharing of money, possessions, knowledge
4. You need to see the results of this sharing.

Physical Goals

Strong desire to be a teacher

Spiritual Karma

Similar to Physical Karma, but more spiritually orientated

Spiritual Talents

Powerful, catalytic spiritual teacher

Spiritual Goals

Strong desire to be a teacher

Soul Destiny

To become a teacher

4-4: Daled: D



Physical Karma

1. Great lack of self-confidence, hard time assimilating things in mind, which means learning things takes longer. You have created this reality by continuous repetition of this.
2. You need to develop self-esteem to achieve.
3. Children are a major source of learning. You often conceive unplanned children to work out this energy. You have to learn to be present unconditionally for them.

4. Spirit will present you with challenges to expand and take risks. You need to trust and have faith that God will be there to provide the next stepping stone.
5. This energy builds up slowly and grows exponentially.

Physical Talents

1. Abilities to duplicate self, absorb and share with others and continue to build.
2. Greater amount of power to be successful in a given field that uses these energies. There is a huge incentive for achievement.
3. Good in business and for making money
4. Good managerial abilities

Physical Goals

Added incentive to achieve. The soul steers you in the direction you came here to achieve in.

Spiritual Karma

Similar to Physical Karma. You really need to learn to trust in God.

Spiritual Talents

Similar to Physical Talents

Spiritual Goals

Added incentive to achieve. The soul steers you in the direction you came here to achieve in.

Soul Destiny

To connect with and duplicate the energies of God/the Universe and share them

5-5: Heh: H, E



Comments

1. Very unusual etheric vibrations, without solidity or form
2. Very intangible; requires motivation to work through these as you cannot see them.
3. Lack of substance

Physical Karma

1. Unusual to have this; in a past life(s), your soul was totally incapable of assimilating and finding its place in physical society.
2. Working through this depends on the strength of the talents.
3. You can be spaced out and ungrounded a lot of the time.
4. You need to learn to understand intangible concepts.

Physical Talents

1. These are not the best energies unless you acknowledge them, as these are spiritual energies in a physical aspect.
2. Pioneer energies

Physical Goals

To learn to use your great intuitive abilities in the world in some form of teaching or expressive role

Spiritual Karma

1. You do not have the motivation to deal with intangibles and use them.
2. You are aware of your spiritual abilities, but do not have enough strength inside to take a chance that they are real.
3. You can be spaced out and quite ungrounded a lot of the time.

Spiritual Talents

1. Very positive; mind will really open to the soul.
2. You have a great wealth of information and energy.

Spiritual Goals

To become a teacher of spiritual teachers at the highest level

Soul Destiny

1. Through all the experiences of the rest of the chart, you bring yourself to a place of opening up your mind to acknowledging the multidimensional nature of your existence.
2. There are many worlds and many levels of truth of existence. This is acknowledged abstraction.

6-6: Vuv: V, O, U, W



Physical Karma

1. Tremendous rigidity of expression; you get excited about something, but need guaranteed success before engaging with it.
2. Insufficient power to take risks

Physical Talents

1. Really creative and artistic in any area you choose, think or dream of
2. Gain insight, 100% free will
3. Good in business, very focused

Physical Goals

1. To achieve creativity, not 100% free will
2. Added push from soul level

Spiritual Karma

1. Similar to Physical Karma, but more difficult here
2. Tougher to take risks with intangibles versus tangibles

Spiritual Talents

1. Really creative and artistic in any area you choose, think or dream of
2. Gain insight, 100% free will
3. Very focused

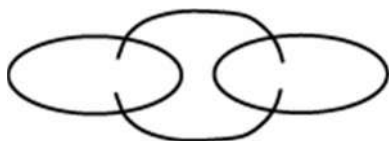
Spiritual Goals

1. To achieve creativity, not 100% free will
2. Added push from soul level

Soul Destiny

To become the vessel for the creative force of God to manifest

7-7: Zion: Z



Physical Karma

1. Total lack of ability to communicate with others, isolation energies; you are someone who could go to India and meditate in the Himalayas in a cave and not want to come out.
2. Self-ownership, not willing to share: for example, a child who has difficulty sharing toys.
3. Past life abuse of flow of abundance: for example, you gained knowledge and did not share it.
4. You may be scared of opening up emotionally as you do not feel safe to do so.
5. You can become very controlling as a result in order to keep the vulnerable hidden part of you safe.
6. The illusions are primarily related to the physical reality.

Physical Talents

1. Catalytic energies that activate and strengthen most other energies
2. In a positive sense, you gather people to you. You are a party animal, very, very gregarious.

Physical Goals

More magnetic than in a talent position

Spiritual Karma

Similar to Physical Karma, but the illusions will be related to the spiritual world.

Spiritual Talents

To teach/facilitate spiritual groups. You are very magnetic.

Spiritual Goals

To learn to magnetically draw people to your self just by opening your heart. You are very powerful.

Soul Destiny

To allow the unifying energies of God to come through your heart so that people around you are unified in groups and in themselves

8-8: Ches: CH



Physical Karma

1. Lack of polarity: for example, you cannot tell good from bad, light from dark.
2. A highly sensitive soul that really avoided connecting with society in a past life(s)

Physical Talents

Acclimate self in society in any way you wish

Physical Goals

Energies of a real achiever; to learn you are worthy of achievement and how to handle it

Spiritual Karma

1. Very difficult. You are very aware of your spiritual essence, but consciously do not want to bother with society.
2. You are constantly exposed to things of a human emotional nature which you resist.
3. You are here to get out of your head and into your feelings.

Spiritual Talents

To use your spiritual energy to serve people in society; relates to the energy ability to be compatible with other people. You are like a chameleon where you can change your colours, your way of relating to people to fit the person at hand.

Spiritual Goals

1. Extension of 8-8's Spiritual Talents
2. Learning to ground Spiritual Talents and expressing them in society

Soul Destiny

To ground the energies of the soul, especially the Spiritual Talents, and relate them to society

9-9: Tes: T



Comments

Power and strength, protection, resistance

Physical Karma

1. Resistance to the acceptance of your power due to fear of destroying someone else, yourself, the world. Comes from past lives.
2. Unwilling to express your power

Physical Talents

1. Catalytic energies which help fulfil the rest of your chart
2. As you serve, you will be served.

Physical Goals

To learn to accept and use your power properly

Spiritual Karma

1. Similar to Physical Karma
2. Misuse of spiritual power
3. Hard to accept your intuitive channel

Spiritual Talents

1. Catalytic energies that help fulfil the rest of your chart
2. As you serve, you will be served.
3. Complete connection to God; brilliant channels

Spiritual Goals

To learn to accept and use your power properly in the spiritual realm

Soul Destiny

1. Full soul consciousness, plus extra power, throughout your whole chart
2. To acknowledge full power and protection of your soul
3. To serve as a channel and bring through higher levels of truth

Chapter 8

Combination numbers

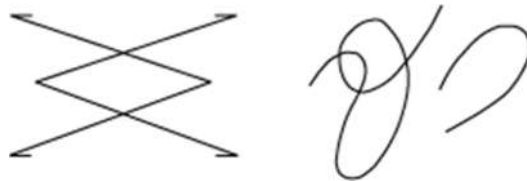
10-1 to 22-4 – aspect-specific meaning

In this chapter we will build on the generic meaning of the individual combination number interpretations laid out in Chapter 4 and take you down to the next level of aspect-specific meaning. You need to go through the generic interpretations first for the 10-1 through 22-4 numbers, then add the additional meaning of this chapter to them.

A wider range of frequencies to experience

When the soul chooses combination numbers (10-1 through 22-4) in a chart, it is choosing a much wider range of frequencies to experience compared to double numbers which focus on one specific frequency. For example, if you have a 10-1 in your chart, you are to experience the energies of a pure 10 and a pure 1, plus every blend of the two of them on the energetic continuum connecting them.

10-1: Yod: I, J – Aleph: A



Comments

1. Three or more 10-1s anywhere in your chart indicate that this is your last incarnation on Earth.
2. The blending of the 10 and the 1 is the highest of spiritual energies.
3. 10 is the pure androgynous energies of God, the balance of male/female power.
4. Ability to relate to anyone
5. Being able to live your life in total objectivity
6. Energies of Archangel Michael (1)

7. Total belief in your God Self; extremely powerful

Physical Karma

1. Hard to find your niche within society because of your high frequency
2. Learning to use your power properly
3. Consciously or unconsciously not wanting to open up to the spirituality within
4. You may feel like you are stuck in limbo and manifest lots of distractions so that you do not fully engage with your spiritual awakening.

Physical Talents

You are here to be of service to others above everything else through the use of your great intuitive abilities.

Physical Goals

1. Your spiritual work is to be carried out as service in mainstream society.
2. No real Physical Goals, so you experience great difficulty in deciding upon a career.

Spiritual Karma

1. You face the challenge of overcoming severe abuse of power and destruction of people.
2. There is a wide range of potential expression within this aspect.
3. If you have adequate Spiritual Talents, you should be able to work this through.
4. If your 10-1 is a heavy issue, you will need a grounded physical vibration in your spiritual talent position; otherwise, it will be difficult to work through, for example, 6-6, 8-8.
5. This cannot be avoided and must be worked through.

Spiritual Talents

1. Ability to attain full soul consciousness
2. All the power is present.
3. Powerful healer
4. Very stable and focused

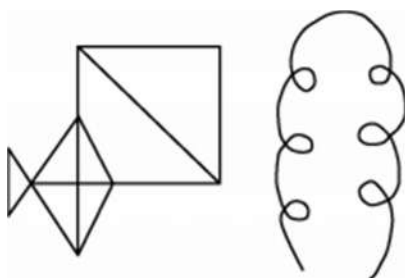
Spiritual Goals

1. Spiritual work carried out in spiritual realm
2. Your life's work is to attain full soul consciousness to express the full spectrum of your gifts of service.

Soul Destiny

1. Similar to Spiritual Goals
2. Attain full soul consciousness by becoming the walking, talking, feeling expression of your soul with each breath and each step.
3. Expressing your mastery that way

11-2: Caf: C – Beth: B



Comments

1. Energies of a builder, to create something
2. In the physical, they are geometric, to achieve success in the world.
3. In the spiritual, you are here to build structures of truth/knowledge. You have the resiliency (2) to build these structures (11) in stages and gradually expand them in manageable chunks.

Physical Karma

1. Reticent to achieve, trying to put a round peg in a square hole. Unable to make a round hole for yourself so you cannot duplicate, expand and grow by yourself.
2. You have a tendency to become dependent on others as you lack structure for functioning in the physical world.
3. You feel lost. It is hard to assimilate new structure, making learning and understanding new things challenging (eg school difficulties).
4. Lack of resiliency to absorb failure (2)

Physical Talents

1. Resilient sharing (2); can absorb sense of failure.
2. Superior intelligence (11), mind searching and looking to build tangible things
3. Sculptors, creators; starts with a small thing and increases it.
4. Applicable to money; great for building a business

Physical Goals

Ultimately, you are here to build a tangible structure of truth, to create some mark in society, to have a lasting effect on lives of other people.

Spiritual Karma

You have a tendency to become dependent because you do not have a structure to understand spiritual truth, and you have no resiliency to cope with spiritual unknowns.

Spiritual Talents

1. Latent ability to learn foundation of a philosophy, draw in more universal truth and present it to a greater degree than has been presented to you.
2. Three 11-2s in Spiritual aspects indicate a less intense karmic experience.

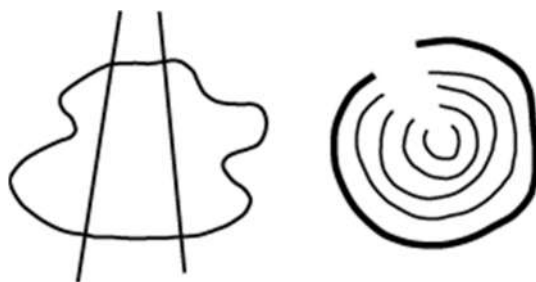
Spiritual Goals

Here to be a teacher of higher levels of truth and understanding, to create and draw in other dimensions. The 2 gives resiliency to share the knowledge (eg university teacher).

Soul Destiny

To build a strong structure of truth and be resilient in its sharing and expression

12-3: Lamed: L – Gimel: G



Comments

1. Either very positive or negative
2. Extremely strong incentive/drive to achieve goals and growth all the time; a very intense experience
3. You are never, ever satisfied.
4. As the 12 expands and grows, it enables expression of itself through the 3.

Physical Karma

1. You do not want to change or move due to fear of failure; underachievers.
2. Energies of excess, stagnant and shy
3. You cannot find balance in life between the physical and spiritual because you are afraid of not doing the expansion properly.

Physical Talents

1. Strong incentive and ability to gain and expand upon knowledge
2. Ability to share great love
3. If you are exposed to something and like it, there is no doubt in your mind that you will achieve it. Take care not to put all your energies into it. You are in danger of becoming a fanatic if you have a 12-3 in both Physical Talents and Goals.

Physical Goals

To gain a lot of knowledge

Spiritual Karma

The imbalance between the physical and the spiritual is greatly emphasized.

Spiritual Talents

Strong incentive and ability to gain and expand upon knowledge. Ability to share great love. You are here to be a spiritual teacher.

Spiritual Goals

To gain a lot of spiritual knowledge and teach it to others

Soul Destiny

1. Close to the end of the incarnational cycle, 2nd or 3rd to last
2. Expansion in this lifetime relates to conscious personality coming into alignment with nearly all of soul truth and existence. It is important to do as much as possible as all is retained in cellular memory.
3. Incentive to discover and blend with soul. Urgency to finish things. You never feel you have enough time. You are always in a rush and running late.

13-4: Mem: M – Daled: D



Comments

Becoming more common as the Christ Consciousness energies expand on Earth. These energies are related to the Aquarian Age.

Physical Karma

1. Inability of self-acceptance; it is all about activating and connecting with the maternal/creator energies within.
2. You are to learn to become a protector of others and acknowledge your self-worth. A lot of value judgements. You are likely to have children to learn how to be a really good parent to them.

Physical Talents

1. Ability to draw people to yourself and serve them as a teacher and nurturer
2. The 13 draws people to you.
3. The 4 becomes the more active expression and is the ability to share things with people.
4. You are creating structure in their lives, so they are not afraid of taking risks as you are the rock/anchor for them.
5. This energy is very spiritual, but it is much softer than the 9s, so people relate to it as they feel unconditionally loved.

Physical Goals

1. Similar to Physical Talents
2. The 13 is a tool to become the foundation for other people.
3. Helping needy people

Spiritual Karma

1. Your role energies are those of a protector.
2. Acknowledge wealth as a creator.
3. Work through value judgements.
4. Deal with unworthiness issues.

Spiritual Talents

1. Silent tool; open heart and project energies and this will draw people to you for them to be loved, and they will love you back in return.
2. Feeling of safety and security

Spiritual Goals

1. You have to achieve balance of expression.
2. You have a latent ability to accept feminine and masculine sides of yourself to create a complete objective expression.
3. Work at a higher, more expanded level as more people are drawn to you. Acknowledge that you are here for people who are lost to come and find you.

Soul Destiny

1. You are here to share Christ Consciousness energies.
2. Whatever you do in a goal is expanded: for example, teaching expands into opening a centre to affect greater numbers of people

14-5: Nun: N – Heh: H, E



Comments

Energies of reflection, energies of theory, abstraction, expansiveness, not Earthly, enable you to break through restrictions in consciousness.

Physical Karma

1. To get into an awareness of spirit, the energies of reflection and abstraction. You may be very heady and earth-bound, eg 1950s men. You need to use positive aspects of the 14-5s. This is easier now as roles are swapping with women's liberation.
2. Meditation may be difficult.
3. Fear of abandonment in relationships if change occurs. Energies of reflection create intense relationships so you discover yourself: 'I relate, therefore I *am*.'

Physical Talents

1. Energies of reflection, energies of theory, abstraction, expansiveness, inventive, inspired and creative. Able to break through restrictions in consciousness.
2. You help people get out of Earth's energies into spiritual inspiration.
3. Ability to show others the hidden parts of themselves, due to the energies of reflected being

Physical Goals

To learn to connect to the intuitive side of yourself and express it in the world

Spiritual Karma

Same as Physical Karma, but with a more spiritual slant; denial of flow of intuitive energies

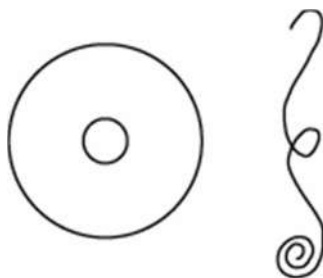
Spiritual Talents

Mind opens to creative power of soul; show others who they are spiritually.

Spiritual Goals + Soul Destiny

1. Producing spiritual material, probably writing, channels will open.
2. You often go through life with a series of intense relationships to find out who you are; this can be disorientating.
3. Writing from your own experience, which is reflected back to you. Eventually, you channel new spiritual techniques after having walked the path of personal experience.
4. You spend your entire life finding out who you are through relationships.

15-6: Samech: S, X – Vuv: V, O, U, W



Physical Karma

1. Tough vibration; you have to move out of pure physical expression of life and acknowledge soul inside, to get into softer energies.
2. Use 6 energies to open mind and get into 15s.
3. You avoid yourself so you can get heavily into substance addiction like drugs.

4. Takes strength to acknowledge the intangible spiritual essence. Get yourself into projects to generate success.
5. Basically, you are going around in circles and getting frustrated in the process. You lack focus and are chasing your tail, literally avoiding who you are.

Physical Talents

Ability to draw on intuitive soul energy and focus it creatively

Physical Goals

1. To learn to focus on and achieve goals with careful planning
2. You are often scattered, with too many projects running at once which do not get completed.

Spiritual Karma

1. Going around in circles, learning to focus
2. Finding it hard to see yourself and decide what to do
3. Denial of God within

Spiritual Talents

1. Have openness of mind to explore/accept intangible spirit energy.
2. You have enormous creativity coming from your connection with Higher Self.

Spiritual Goals + Soul Destiny

1. The purpose of this lifetime is to experience many lessons and overcome many obstacles.
2. In a sense, this is a preparatory lifetime so that you can fully commit to the spiritual path in the next incarnation.
3. To recognize and feel God within and allow the creative flow to ground

16-7: Ayen: Y – Zion: Z



Comments

To use spiritual energies (16) in relationships with groups of people (7)

Physical Karma

1. Difficulty in grounding spiritual energies and in relating to people
2. You can be controlling and hide who you are from others so that no one can relate to you.
3. You are an elevated soul that is meant to be in society, but you do not have to be like everyone else.
4. Learn to present your real self, not the façade.
5. Lessons in expressing your truth

Physical Talents

1. Powerful energies, latent ability to be with people
2. You end up facilitating groups you join.
3. You coordinate, lead and dispense functions to people.
4. You magnetically draw people to you.

Physical Goals

Wonderful capacity to be successful in economic field, coordinate, lead, dispense functions to people, yet everyone likes you.

Spiritual Karma

To learn to accept spiritual essence and bring it down to the Earth plane to share it with others, in a way they can relate to, in group situations

Spiritual Talents

Ability to share spiritual energies in groups where you magnetically draw people in by opening your heart

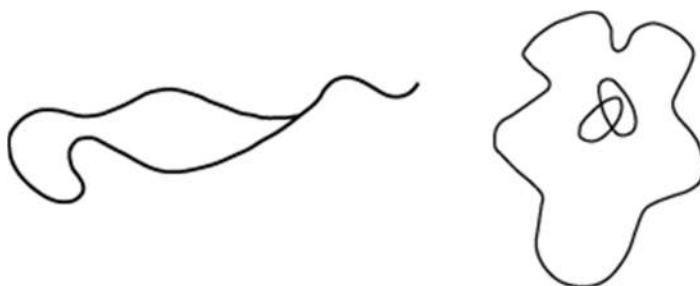
Spiritual Goals

Successful in spiritual fields, a lot of people come to you.

Soul Destiny

Overall, life's purpose is to draw people together simply by opening your heart (7) so you share the spiritual energies coming to you (16).

17-8: Peh: P – Ches: CH



Comments

Expression within society. You need to find your place in society.

Physical Karma

1. Emotionally disturbing energies of underachieving, overcoming suppression of your being, eg dominant parents. This sets up a belief that no one wants to listen and you hold back on your expression.
2. You often have emotional armouring, and so you numb out, space out and live in your head. This could manifest as root chakra problems, eg testicular/cervical cancer.

Physical Talents

1. This is the capacity and ability to vocally share and express yourself in many different areas, achieving confidence in the process.
2. Here to take a thought and state it, make it real for yourself. Make good public speakers, eg politicians.
3. Expression within society in a very grounded manner

Physical Goals

Some form of profession involving speaking in mainstream society

Spiritual Karma

Ungrounded. Lack of belief in self-worth, 'who am I' to channel, to heal

Spiritual Talents

You are like a caged lion if you cannot speak; you must speak your truth.

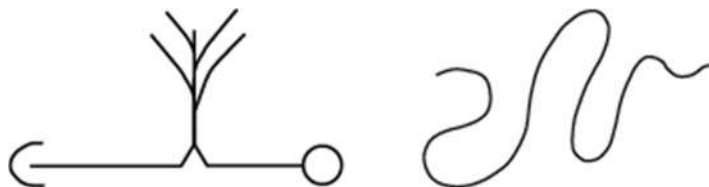
Spiritual Goals

To learn to express the flow of your spirit in society in a way people can relate to

Soul Destiny

Not necessarily spiritual; to achieve specific things in society, depending on what talents are available

18-9: Tzaddi: TZ – Tes: T



Comments

Actions of acceptance and decision; in the process it draws on the power of 9s to do this.

Physical Karma

1. Always in a place of unworthiness, which creates indecisiveness. You don't trust yourself and can research things too much due to pressure to make the right decision.
2. You must learn that there are no mistakes, no failures, just different degrees of success.

Physical Talents

1. You are a decision maker who looks at the options, can take it all in, coordinate and make decisions; you can follow through on it and remain stable in the process.
2. Very positive energies toward achieving goals
3. Very good in business

Physical Goals

Very goal orientated and successful, you have an unconscious knowing of the power available to you; you are a real achiever and decision maker, and have the tools inside to make it happen.

Spiritual Karma

Feeling unworthy to stand in the Light of God. You are offered the choice to follow the path of Spirit/God or not.

Spiritual Talents

Similar to Physical Talents, but more spiritually orientated

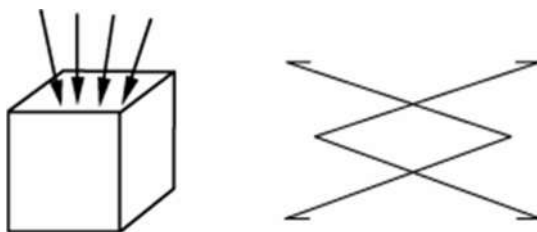
Spiritual Goals

Very goal orientated and successful

Soul Destiny

1. Finalizing of the ego self in its surrender so that it can commit to the path of the soul. In past lifetimes, you walked many different paths, finalizing your path of teaching by taking influences from different lifetimes.
2. The 9 is a support system, so you can stand out of the crowd and say, 'This is who I am', knowing inside that you are OK.

19-1: Kof: K, Q – Aleph: A



Physical Karma

1. To become aware of your power and overcome the blockages of using it
2. You allow the pressures of society to dictate your actions.
3. Taurus 6-6 energies in Physical Talents help shift this.

Physical Talents

1. Create real physical reality out of spiritual energies and have the power to do it; this comes from the 1.
2. Very successful in business
3. You have strength of resistance to normal energies of society in order to create a space in the physical world for others.

Physical Goals

Huge drive to create a centre to disseminate your work from

Spiritual Karma

1. Strong desire to help others achieve their Spiritual Goals: for example, this could involve setting up a spiritual centre.
2. You will have to work hard to achieve this; a lot of obstacles will be in the way.
3. You need to learn to ground yourself.

Spiritual Talents

1. Ability to create a physical reality for spiritual learning
2. You are here in total service.

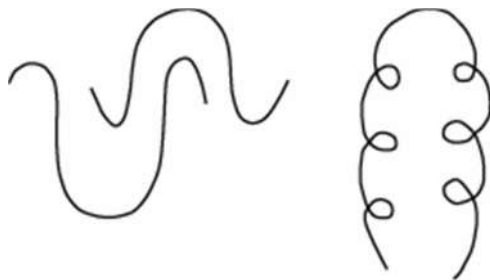
Spiritual Goals

1. Some day you want to open up a spiritual centre to do spiritual work.
2. There is enough drive inside to create a physical reality for yourself.

Soul Destiny

To create an energetic vehicle from which to disseminate knowledge into the world

20-2: Resch: R – Beth: B



Comments

1. Both symbols stand for flexibility, change, versatility. Lovely energies to have in your chart.
2. This can be physically tiring as the drive to find out more can wear you out.

Physical Karma

Tendency to be rigid, not open to change or new ideas

Physical Talents

1. Creative flowing, flexible energies, looking for change, for new experiences
2. Searching energies so you can expand
3. Research scientists, anything that can bring in something new

Physical Goals

An endless expander, builder in business, never satisfied, never retires

Spiritual Karma

1. You may be steeped in religious training, eg Irish, Spanish or Italian catholic upbringing or other rigid belief system.
2. Fear of venturing forth into new belief systems
3. To learn to understand that everything is changing all the time

4. To be open to change, you need to overcome a lack of power (20) and develop resiliency (2).

Spiritual Talents

You will try everything, lots of classes, always looking for movement. You are an experiential explorer.

Spiritual Goals

1. To become an endless expander in spiritual exploration and development
2. You travel many paths to discover yourself, which then allows you to show others the way.

Soul Destiny

To become the flexible, resilient flow of your spirit

21-3: Shin: SH – Gimel: G



Comments

1. Very powerful vibration, Master Numbers
2. Letter of creation (21); duration of power and stability
3. These energies are heavy in any position and will lead the personality through experiences of endurance.

Physical Karma

1. No incentive, lazy; you always feel you have no energy.
2. Lack of ability to endure and overcome challenges
3. Blockage of expression of power. It takes a great deal to motivate you.

4. You do not have the ability to look into something and have the incentive to do it, so you become a jack of all trades and do lots of little things.
5. You need strong talents to work through this.

Physical Talents

Endless energy to achieve, all the power is there; you need to share what you have acquired with others; knowledge, money.

Physical Goals

1. Primarily, you thrive on large-scale challenges.
2. You need to use power to set things up to share; otherwise, you are like a caged lion.
3. You may take up a power-expressive position, eg university professor.

Spiritual Karma

1. Same as Physical Karma
2. Can involve very tough childhood to suppress movement of spiritual energies within.
3. Ensures you build great strength inside.

Spiritual Talents

Ability to withstand much hardship and to express your strength from within

Spiritual Goals

1. You can become a powerful spiritual teacher by acquiring total understanding of who you are through your own search for self-knowledge.
2. Use 3 to then share it.
3. Teach the teachers, not the students, as higher levels of energies become available.

Soul Destiny

1. You are here to bring yourself to a point of harmony and balance in your body where you can stabilize your energies, so you can stay open minded to your soul truth.
2. To enter a perfect state of meditation and be in it all the time

22-4: Tau: TA – Daled: D



Comments

1. The number of completion
2. This is the end of a cycle that cannot end until all things are accepted.

Physical Karma

1. Denial of value and self-worth
2. Unable to reproduce, women and men may be infertile or have serious sexual dysfunction.
3. You can be very destructive.
4. If there is a 9-9 in the other karmic position, you may feel emotionally disturbed.

Physical Talents

1. Totally self-contained inside; once you have this power, you are able to produce/reproduce in any area.
2. You don't need to learn, you can just remember; very versatile.

Physical Goals

To learn to access all your capabilities within and share them with the world

Spiritual Karma

1. Very intense; you can feel like the 'messiah' returned when awareness of Christ frequencies occurs because your connection to Source is distorted.
2. May have abused spiritual power in a past life. You need to learn not to misuse power.

Spiritual Talents

1. You unconsciously know you have the ability to pull the three parts of yourself – mind, body and soul – together and to express it.
2. You can shift gears quickly
3. You can draw upon the multidimensional nature of your Spirit to create success.

Spiritual Goals

1. Final incarnation of cycle; you will teach from a complete point of view, not a partial one.
2. To acknowledge totality of yourself as a creation of the Trinity of soul, self (personality) and God inside your circle of soul

Soul Destiny

1. Final incarnation of cycle, more so here than in Goals
2. Set up vehicles that do not require your presence in order to function to create perpetuation
3. Real energies of completion

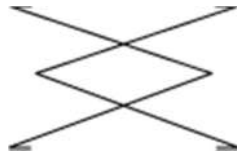
Chapter 9

The Word

Transmissions from God

The Word is a progressive story, used for the dominant vibration. This is where you have four or more of the same numbers in your Soul Contract aspects. These are direct channellings from God in their original form. Read out aloud to yourself the Word for your Dominant Vibration number. If there are multiple dominant vibrations, read them out in ascending numerical order as they will build on each other. This can be quite emotionally moving as it can touch the very essence of why your soul is here on Earth.

ALEPH: A: 1



The beginning

In the beginning was the Word, and the Word was God. And God ruled. God was Being. God was Intelligence. God was all there was – the most powerful force in the Universe, the greatest strength in the Universe.

God, being the beginning, had no karma – nothing for which to be rewarded, nothing for which to be punished.

The first commandment says, ‘Thou shalt love the Lord thy God with all thy heart, all thy mind, all thy soul ...’ God is love, mind and spirit. I am love, mind and soul. ‘... and thou shalt have no other Gods before me.’ Jesus says that if you obey this commandment, that is all there is. There is no more.

The energies of this symbol are powerful. They grab you in a vice from which you feel you cannot escape. Then you are gently released and given a choice – to stay or go. You choose to

stay, and while it grips you powerfully, you feel loved and protected and do not want to leave. You prefer to be One with God.

BETH: B: 2



And the Spirit of God said, 'It is time for you to go forth and manifest your Being in a physical form – to be God in man. Stand upright. Show the face of God in Man. Express my love, my power and my strength.

I stand with open arms. Call upon me when you need me. I will always be with you. We will always be one, although to appearances we will be two.'

GIMEL: G: 3



As you go forth, my beloved child, I will guide you and lead you. All you have to do is keep in tune with me. I will project into your mind thoughts that will guide you and help you along the way.

We are now three in one – God (Spirit), your physical body and your constant communication with your higher self – your Father in Heaven.

You now have love, power, strength and intuition. I instruct you to go forth as my emissary and express truths I have given you.

DALED: D: 4



My child, I give you the abundance of the Universe. Each star in the Heavens pours out its wealth to you in things of spirit, mind and matter. All is yours, to learn the lessons of having and achieving. The vibrations of abundance are creative, and you can create abundance in any area in which you choose. But, you must learn to use it, to appreciate it, and to share it with whoever needs it and asks for it. This is tremendous power, my child. Do not abuse it.

HEH: H, E: 5



I now release the rigidity from your body, allowing it to flow and move and have motion. With this I unlock the secrets of caring for and maintaining this vehicle which I have given you to express me.

I breathe life into you that you may emerge as a living, physical being. Open your eyes and look upon all I have given you. Accept it with the love in which it is given.

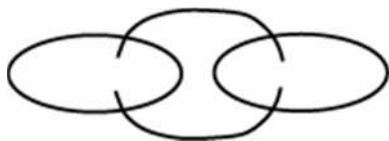
VUV: V, O, U, W: 6



You now have love, power, strength, abundance, the ability to move and to act. With all my love I would not lead you into temptation, but, because I love you so, I will permit you to create your own temptations and then figure out how to get out of them. I will help you any time you are inextricably involved if you will call on me.

The important lesson for you to learn is that each lesson is of your own choosing. All avenues will be open to you. It is up to you to choose the one that is right for you. The choice is always between your will and mine.

ZION: Z: 7



In your new role apart from me, and yet a part of me, you will encounter many who are seeking (as you are) through the labyrinth of experiences, the answers to the problems they have created when they chose their will instead of mine. They will look to me and say, 'Please help me', then close their eyes and ears when I draw near.

If you choose to keep the channels open between me and thee, I will instruct you to answer their pleas for help. You will serve as my liaison, bringing people together with people, and people together with situations for which they have implored my help.

CHES: CH: 8



I will introduce you to the elemental spirits of nature who are also ready and willing to help you achieve either your eventual complete reunion with me, or your complete separation from me. I have given you that freedom of choice. These elementals can be invoked by you for good or harm – as you choose. Only remember, you are now under the law of karma, and whatsoever you do unto others will come back to you multiplied. It is one of my irrevocable laws.

TES: T: 9



You now stand upright as a total reflection of me. My wisdom is your wisdom, my strength and power is yours. You have been given the ability to express my love to all who are capable of receiving and accepting it.

You may hide what I have given you under a shadow, or you may spread your wings and share it with everyone with whom you come in contact. You will learn that the more you give of me, the more you will receive in return and in like kind.

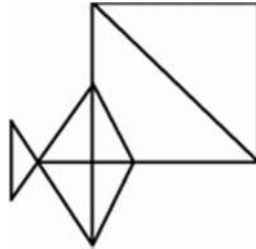
YOD: I, J: 10



I stand beside you wherever you are and wherever you go. You may ignore me. You may not listen, but I am always here. You know it. You feel my presence. You may not always speak to me, but, if you choose to do so, I will answer.

You know your destiny. You know where you are going. You have been given priceless gifts to take on your perilous journey. Use them wisely, and when you have been, and seen, and experienced all my truths, my doors and arms will open wide for your return, and the Light is kept burning eternally.

CAF: C: 11



Nine triangles and two squares make up the symbol for these energies. The triangles represent the Trinity, and the squares represent the Earth. Each triangle (trinity) has a vibration of its own.

God, united with the mind (The Word), and created. First you have mother–father–son, referring to the moon–sun–humanity.

Earth is a square composed of two triangles, being of the substance of spirit and matter. Spirit is composed of the triad: God–love–intelligence. Matter is the lowering of these vibrations into mineral–plant–animal.

There is one cohesive force that binds all form together. It is called love, life or energy. As God–Being–Creativity expressed itself on the Earth plane in six triangles (six days), man was created to have dominion over God’s world and Word.

Man is a complex being, manifested in material form and motivated by his soul, which is attached by an umbilical cord to God, the Father of all.

LAMED: L: 12



Man has within all the attributes of Spirit-God. Within the heart of man is a seed which carries the Word, over which he has dominion. The Word of God contains all the truths, all the laws, all the commandments from the beginning. It can be triggered by obeying the will of God, by trusting in Divine protection and stepping forth with complete faith and acceptance.

Having the faith and trust of a new born child, looking to the Father for guidance, the soul makes its journey through the maze of time and space to the ultimate goal of returning to the Father’s household.

MEM: M: 13



The duality of the physical embodiment is expressed in these energies. The feminine, protective part of the human being overshadows the strong masculine child of God. No matter how far man travels, over what diverse paths, he always seeks to

return to the protection of the mother love which was his comfort from the moment of his conception.

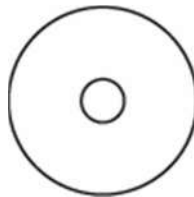
Man must learn to be soft and protective, as well as strong and masculine. To feel and express love, for this duality exists within all and is for the benefit and use of all humanity.

NUN: N: 14



In lifetime after lifetime, man swings to and from God like an accordion, playing the melodies of happiness and sadness, abundance and lack, power and poverty, male and female, saint and sinner until all the lessons implanted in the heart of man are learnt. Then, with one final chord, the instrument is set aside and the soul transcends to become one with the Father.

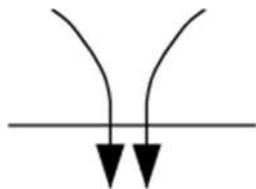
SAMECH: S, X: 15



Wherever man is – God is. Man may choose to ignore, to deny, to battle with, to hide the God within, but it is still there, buried within the recesses of his heart. That great God within – smothered, crushed, profaned is still the vital force which animates, inspires and motivates all children of God.

When the awakening comes, as it will to all of God's children, it may come as a ray of hope, a flash of intuition or a life-saving warning. Then shall man kneel and face the Lord with humility, acceptance and love. To recognize the God within and be at one and in harmony with that vibration is the goal of all.

AYEN: Y: 16



Negative forces will always be at work to drag mankind into the pits of darkness, despair and deprivation. It is the nature of man, rooted in materiality, to look at any symbol to represent the ultimate, to accept what is visually represented to them. The physical senses rule them and dictate their actions.

Their eyes must be opened. They must be brought to the knowledge of their ultimate goal and the help that lies within at all times.

PEH: P, F: 17



There is a way out. While one may feel stagnated in a lake of muddy water, there is a channel to safety and eternal protection. These energies represent the dead sea from which all life is driven. Unseen to the physical eye, but visible to the soul is an outlet ... the love of God. If one will but concentrate on this light of love, all prayers will be answered, all problems solved.

The dead sea represents the emotionalism and guilt. Tremendous burdens which we assume as we stray from the path. When we leave them behind, we can go forth, assuming our rightful positions as emissaries of God.

TZADDI: TZ: 18



The gift of life. The well or spring spewing forth like a gusher, all wisdom, all knowledge, growth and perfection. It comes forth to be given, to be shared, not to be capped or hidden. It acts as a magnet, drawing to itself and repulsing. Its power strengthens some and frightens others. It cannot be harnessed, but it can be channelled. It is like water, it can be life-giving or it can be destructive, depending upon your acceptance or fear of it.

KOF: K, Q: 19



Four arrows point to an Earthly existence rooted in materialism with its negative and positive aspects. It looks like Spirit is implanting ideas into earth-mind. This is called intuition. These flashes of light are instantaneously important or fade into the background like candlelight disappears when extinguished.

RESCH: R: 20



Unrest and excitement flowing in two directions characterizes this symbol. You can go either way. Unrest leads to disillusionment, fear, worry, sealing off one's self. Excitement is expansive, believing, trusting, going forth to greater and greater accomplishment both in spirit and in the flesh. Choosing the wrong path could lead to stagnation, indecision and poor health. Which way do you choose to go?

SHIN: SH: 21



The darkest days. The darkness before the Light. A cleansing must occur before the final purification. The ram is slaughtered. The Christ emerges. Before the 'Son' can rise, you must be purged of all negativity you have carried from lifetime to lifetime. Once the well is cleansed and purified, you can drink of the cup of life ... the cup that over-floweth.

TAU: TA: 22



Your triune self, the God within, your Christed self and Universal Intelligence is reunited with eternal life ... God, Pure

Love. The wheel of life has stopped. You may step off and await your next assignment. You have graduated with honours. Your karmic slate is clean. All debts have been paid. The Kingdom, the Power and the Glory are yours. Amen.

It is very rare to have a dominant vibration of 10 or higher. If someone does, it indicates a very high soul, especially for 10, 18 and 22.

Chapter 10

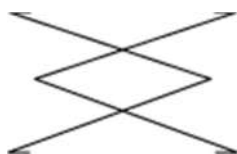
Recommendations

How to make your life happen

In this chapter, we go through all of the recommendations that have been developed from 33 years of private session experience for overcoming the effects of the numbers when they are in a karmic, goal or Soul Destiny aspect. This may also be applicable in a talent aspect if you are still working on coming into the positive qualities of your talents. Sometimes talents can lay dormant for a long time, even well into adult life, before properly activating. This all depends on where your soul's emphasis has been focussed on in your consciousness awakening process.

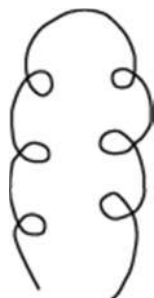
Recommendations 1-1 to 22-4

1-1: Aleph: A



1. You need stability. Routine and a stable environment will help create this.
2. Counselling and healing to heal the power blockages, abuse, addictions
3. Healing/exercises/processes to help you claim back your power
4. Anything that connects you to your Spirit will also help: for example, meditation, Tantra, dancing, yoga, etc. Martial arts are especially suited.
5. Ultimately, you need love to unlock all the energies inside you.
6. Space clearing/Feng Shui to clear any negative frequencies in your space and personal energy fields

2-2: Beth: B



1. You need a gentle healing approach for the emotional trauma that has resulted from being hypersensitive. Shock release treatments are excellent (Appendix E: Divine Healing).
2. Practices such as yoga, Tai Chi, dance to unlock the rigidity in the body
3. Body work such as massage, cranial sacral therapy, Rolfing to unblock the physical blockages. It is best to start with the physically more gentle therapies and gradually progress to the more powerful ones when ready.
4. You could possibly explore other belief systems, religions, philosophies through the medium of night classes, groups, art.
5. Explore frequency tools such as flower essences, aura soma, to deal with the hypersensitivity (Bach remedy: Walnut; North American Flower Essence: Fawn Lily).

3-3: Gimel: G



1. You need to express whatever feelings you have access to. This will start movement in the internal canal and draw out deeper and deeper layers of hidden feeling. You literally need to express your way through the communication blockage. At first, the expression will be quite mental and emotionally disconnected, but if you

persist, more and more authentic emotional content will become available to you. You will begin to feel your emotions earlier rather than having to sit with a strange feeling for quite a while and not knowing what it is. The Non-Violent Communication model ([Ref 12](#)) is excellent for giving structure to emotional expression.

2. You need healing to overcome the emotional frozenness.
3. You need to rebuild worthiness. This can be done through healing work coupled with being loved. This needs to be done in conjunction with you experimenting with expressing yourself in the world so that you gradually build worthiness and gain confidence in your abilities. The key program that needs to be accessed is usually a preverbal childhood program that 'mother and/or father never loved me'. They represent the primary separation archetype from God/Goddess that the ego is playing with in this lifetime. As you gradually move into an increasing feeling of being unconditionally loved by Mother/Father God, you will move into more Wealth consciousness.
4. Ear candling to clear energy blockages to what is really being said
5. Activities like acting, drama, art, writing, public speaking, singing and dancing are all helpful. This is going to be challenging at first, but will gradually address the shyness, unworthiness and difficulty in expressing yourself.
6. Money issues can be addressed by becoming more conscious of what you are actually spending. Have a good hard look at your bank and credit card statements to see what is really going on. Find more cost-effective ways of achieving what you are trying to do. This act of becoming more conscious of your real expenditure will improve cash flow ([Ref 13](#)). Work on releasing the fear and struggle you have around money ([Ref 14](#)).
7. There are three criteria you need to apply to any purchasing/investment decision.
 - i. Is it essential? Because half the time it probably isn't.

- ii. If it is, is there a better, more cost-effective way of getting the same result? Focus on the function and benefit that you derive from the expenditure.
 - iii. What is the best deal/buy? Sit with the *idea* of the first thing that comes to you, *without* buying it, while carefully examining the alternatives as the unworthiness program wants to impulsively buy things to make it feel better about itself. One of the alternatives will meet your actual needs and be better value for money. The money could be spent on other essentials or paying off debt. Think about if this best deal can be bought later to maintain cash flow.
8. Tithing of 10% of your gross income before taxes and expenses to that which supports you in your life, eg children's schools, charities, other organizations, specific people, is very powerful. For when money is given from the heart with love, because it just feels like the right thing to do, it comes back to you in many forms – things such as an increased inflow of money, reduced expenses and life just flowing more easily and gracefully. This is based on the principle that you are giving to the One, the All That Is, and it comes back to you as you are All That Is.
 9. Another form of tithing is to give away services and products you offer when it feels right in your heart. When this is done in love and unconditionally, without any expectation of a return, this also works.
 10. Have people speak in your left ear, especially partners, so that what is said is absorbed a lot better rather than using the energetically deaf right ear.
 11. Tachyon Sexual Tonic for Men ([Appendix E: 7](#))

4-4: Daled: D



1. Counselling and healing for the feeling that something is wrong with you. Group counselling or healing workshops might be especially good as you will have to share of yourself with others and will learn that it is safe to do so.

2. Any form of group/community work is good as it involves the sharing element. You need some form of spiritual practice that connects you to God so you start feeling the flow of God through you, eg meditation, shamanic journeying, Tantra.
3. If you have children, spend time with them, caring for them and playing with them. As you open up to sharing yourself unconditionally with them, more of the flow of life will come to you.
4. Going with the flow of nature is very important, eg having an organic garden, eating organic food, recycling, living in a way which supports nature.
5. You need unconditional love to rebuild trust in the flow of God. This comes in small increments. It is about stepping out into the unknown and taking risks in life, with things that feel right for you to do, and having total trust that God will be there to support you. But you must take the first step, only then will God turn up for you, for you have demonstrated total faith and trust in his/her flow of abundance. With each step you make, you build more trust so you can take the next step until you create a continuous flow for yourself.

5-5: Heh: H



1. Healing for any abuse
2. You need physically grounding activities such as exercise, gardening, cooking, walking in nature, working in 3rd dimensional environments for a while.
3. Keeping a diary may be helpful in order to ground your beliefs and intuitive perceptions and to assist in their expression.

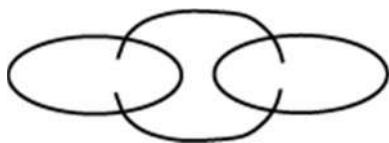
4. Expressive activities such as singing, public speaking, teaching would help you open up your vocal channel.
5. Due to your sensitivity to negative frequencies, space clearing is really important, as well as living in a harmonious environment and clearing your personal energy fields of others' energies (Appendix E: 8).
6. Attending an assertiveness course

6-6: Vuv: V, O, U, W



1. Healing for the blocked anger and power and associated frustration and for any addictive patterns. Processes to release blocked anger, eg pillow beating (Appendix E: 9), cathartic release, Osho Dynamic Meditation (Ref 15)
2. Kidney cleanses
3. Focus on what is really important for you.
4. Writing down all your ideas and plans is helpful. Prioritize all these, choose only a few from the top of the list and leave the rest for later.
5. You then need to break down the chosen projects into manageable steps, which are relatively easy to achieve. 'To do' lists are helpful here.
6. As you complete each subtask of a project, you need to cross it off your 'to do' list. This will give you a sense of success and an incentive to undertake the next step.
7. It is important to review progress on each project in order to help you stay focused, especially near the end as you will be tempted by other distractions to not complete it.
8. Engaging in creative activities will also unblock the energies of the 6.
9. Because you feel so blocked in your soul expression, keeping a diary would be helpful as a start to expressing your soul's desires.

7-7: Zion: Z



1. You need healing for the fear of being seen and for accepting the Dark Side of yourself.
2. You need to be shown great love and sensitivity in any counselling situation so that you feel safe to show yourself.
3. You need to create safe emotional spaces around yourself with partners and friends so you can come out of hiding and share of yourself.
4. All forms of counselling need to be grounding so that you can start to see what is an illusion and what isn't.
5. So, to that extent, all forms of grounding activities are helpful (see 5s; [page 188](#) above).
6. Group healing processes may be especially good if you feel ready to change as you will learn that it is safe to expose yourself to a group of people.
7. Keeping a diary may also be useful to help you decide what is real and what isn't and thus make more objective decisions.
8. Exercises such as yoga and unstructured dancing will help unlock the control in the body. Osho Dynamic Meditation ([Ref 15](#)) is particularly good.
9. Any form of meditation that brings awareness into the body is helpful.
10. The Bach remedy Scleranthus is particularly good for indecision.

8-8: Ches: CH



1. You need healing for emotional trauma, depression and suicidal feelings.
2. Grounding processes ([Ref 16](#)) like yoga, spending time in nature, gardening, cooking, exercise, Qi Gong and cleaning the house thoroughly are recommended.
3. You need a lot of love from people around you so you feel safe to engage with your feelings.
4. Therapies/Activities that increase body awareness, such as self-massage, reflexology, yoga, walking meditations and silent retreats are suitable.
5. Engage in socializing, taking it one step at a time in order to learn to reach out and emotionally connect to people.
6. Make commitments starting with little ones and gradually increasing their size.
7. Throw things away and let them go.
8. Learn to look after your body, deep breathing, connecting to the Body Consciousness ([Ref 17](#)) and taking regular rest.

9-9: Tes: T



1. Healing for emotional, mental and physical abuse and trauma

2. Kidney cleanses
3. You must express your feelings of disempowerment and through that healing will come. This will commence the emotional thawing-out process. Cathartic processes are very good, eg Osho Dynamic Meditation ([Ref 15](#)).
4. Make small steps in gradually taking back your power in everyday situations.
5. Grounding exercises as above in 8-8 ([Ref 16](#)) in order to feel your emotions
6. Anger-release processes ([Ref 18](#)) to get your energy moving, such as pillow beating and saying 'No!' during the process. This helps rebuilding boundaries as well.
7. Practise trusting yourself through feeling body reactions to situations. As you gain experience in this technique, you will trust yourself more and more, and you can start to apply this to the big things in life.
8. Learn to surrender to the flow of feelings from your Spirit no matter how scary it might seem. Any form of meditation is useful for connecting to these feelings.
9. Lightbody Integration work ([Appendix E: 2](#))

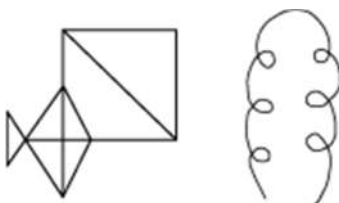
10-1: Yod: I, J – Aleph: A



1. The 10: Healing for all abuse you have experienced
2. You must truly engage with the process of healing and awakening and work at it continuously. You will probably meet many distractions as you do this, so it is important to stay focused.
3. As you engage with the process, you will find greater and greater inner peace as you reconnect to your true nature as a spiritual being.
4. A meditative routine may help keep you focused.
5. Learning compassion is very important for you, and one way of doing it is to connect with angelic energies because of your critical nature.
6. Lightbody Integration work to open consciousness ([Appendix E: 2](#))

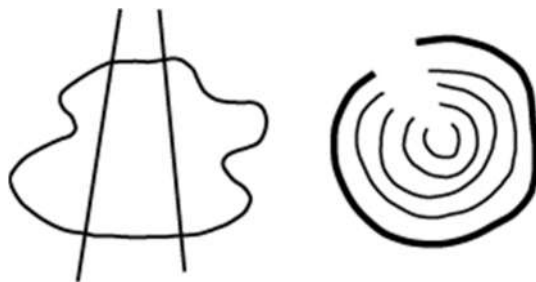
7. You need stability. Routine and a stable environment will help you with this.
8. Counselling and healing to heal the power blockages, abuse and addictions
9. Exercises/Processes to help you claim back your power. As you are healing and taking back your power, anything which connects you to your Spirit will also help: for example, meditation, Tantra, dancing, yoga, etc. Martial arts are especially suited.
10. Ultimately, you need love to unlock the energies inside yourself.
11. Space clearing/Feng Shui to clear any negative frequencies in your space and personal energy fields

11-2: Caf: C – Beth: B



1. Healing to access and clear out the dysfunctional patterns from others you have taken on. This needs to be done at a gentle pace as you may be in deep shock as a result of these patterns, to the point of being disabled emotionally.
2. Exploration of different ways of learning/assimilating information and concepts so that you can find a way to build your own structure of truth/concept. The more you do this, the easier the learning pathway will become for you. As a possible means of doing this, healing and refining the five senses would give you more doors for assimilating and learning new things.
3. Learn to feel in your heart what is really going on in the reality, seeing as your perception of the reality changes by the minute (see 2-2, p 184 as well).

12-3: Lamed: L – Gimel: G



1. You have to slow down and stop doing, doing, doing all the time. By taking a break and being still, you can create space to feel what is really going on inside you. This will enable you to access the deep unworthiness that drives the doing.
2. You need healing to peel out the many layers of this pattern.
3. Being still and meditating will enable you to start feeling the Spiritual Signature, so you will know the right thing 'to do' next rather than being driven by the compulsive 'doing'. This will start to move you into a better balance of the physical and spiritual.
4. You need to address issues that are blocking expansion.
5. Anger release such as gall bladder/liver cleanse, Dynamic Meditation ([Ref 15](#)), pillow beating ([Ref 18](#))
6. See [3-3](#), p 185 as well.

13-4: Mem: M – Daled: D



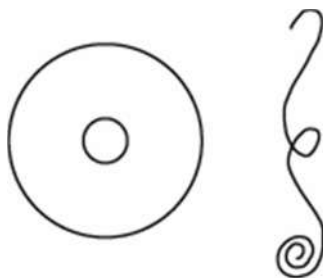
1. Healing to open the heart so as to allow love in. The nourishing of you within. This will enable you to begin to share the Divine Feminine energies, which are initially latent within you with others.
2. Spending time with children just being and playing with them unconditionally
3. See [4-4](#), p 187 as well.

14-5: Nun: N – Heh: H, E



1. First become aware of the need to take a break from the intensity of the relationships with all those around you. Once you start doing this, it will enable you to recharge and take stock, to review how you feel about yourself and who you really are in the moment. Otherwise, the intensity of the 14 can wear you out.
2. See 5-5, p 188 as well.

15-6: Samech: S, X – Vuv: V, O, U, W, L



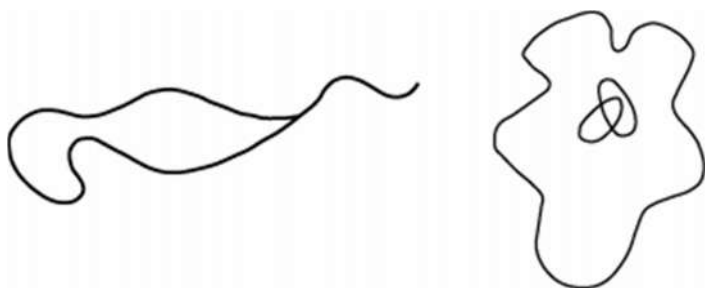
1. Slowing down is the key here. This will enable you to feel the insecurity within, which is driving you to explore all the different options in the outer world.
2. Healing to address the insecurity. As this occurs, you can work on developing more trust of what feels right within you (the Spiritual Signature, the God within), and this will guide you on the correct path in life.
3. Increasing body awareness so that you feel things in your stomach. This will give you the barometer for knowing what is God and what is not.
4. See 6-6, p 189 as well.

16-7: Ayen: Y – Zion: Z



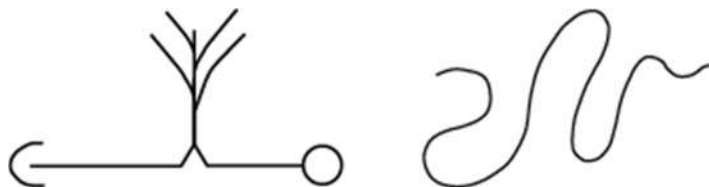
1. Healing to address the heavy emotional involvements with others
2. Learn to trust the spiritual energies coming to you, to take a risk by just starting to relate these energies to others as best you can. Initially, they may come out a bit strangely. But the more you do this, the easier and clearer the communication of these energies will be.
3. Meditation, spiritual practices
4. You need to open up to love.
5. See 7-7, p 190 as well.

17-8: Peh: P, F – Ches: CH



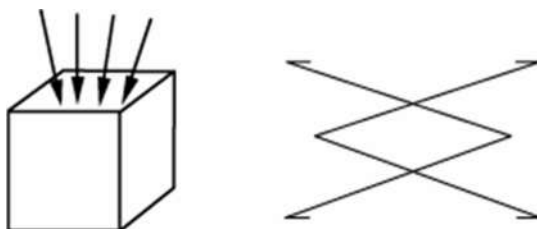
1. You need healing to overcome the emotional suppression of childhood.
2. Expressing any smidgen of feeling you have, no matter how strangely it comes out. Talking your way through all that has been suppressed inside you will open out your expression in the world and get you more into your emotions. You need to be listened to.
3. See 8-8, p 191 as well.

18-9: Tzaddi: TZ – Tes: T



1. Healing for the unworthiness and past life influences, which drive this configuration
2. Starting to trust what feels right inside to do next and acting upon that. Do not dwell on the experiences of all the so-called 'mistakes' in the past. There is only the Now moment in which you can act from. The trust will come as you let go of the resistance of the 9 to the flow of your Spirit.
3. Forgive yourself, let go of guilt.
4. Finish projects and make the hard decisions.
5. See 9-9, p 191 as well.

19-1: Kof: K, Q – Aleph: A



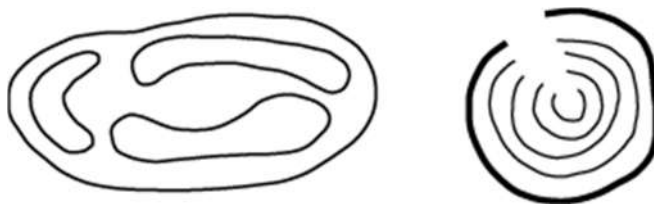
1. You need healing to overcome self-judgement so that you start to accept yourself exactly as you are.
2. Taking your time to feel the spiritual energies coming to you and becoming aware of how you are using them as you manifest them into physical form in the reality. You need to practise using them properly as this is the main karmic lesson to overcome. Each time you repeat this, it will get easier and easier.
3. Learn to laugh, especially at yourself.
4. Grounding (Ref 16)
5. Spiritual practices and meditation
6. See 1-1, p 183 as well.

20-2: Resch: R – Beth: B



1. Expose yourself to other ideas, concepts and philosophies as much as possible to break down the narrow belief systems you have been imprinted with from childhood.
2. You need to go out into the world and explore it, try on new experiences, even if you get bounced around emotionally as a result. Movement is the key to breaking through this karmic pattern.
3. If you are in conflict with someone for a prolonged period of time, you need to ask yourself whether this still really serves you and let it go. Often this means walking away from a relationship with that individual, even if it is a family member. Ultimately, you need to create peace within yourself so that the external manifestation of war no longer occurs.
4. You need healing to release any heavy, dogmatic, religious belief programming.
5. Past-life healing for the original cause of the conflict, eg Colour Light Healing ([Appendix E: 3](#)), Holographic Healing series therapy is recommended.
6. See [2-2](#), [p 184](#) above as well.

21-3: Shin: SH – Gimel: G



1. Focus on what you are trying to achieve. Become conscious of what the obstacles in your path are one at a time. Focus on the obstacle immediately in front of you

and stay present with it to find a way through. It is important not to back off as this is what causes the blockage of energy. Once this one is overcome, you repeat this for the next obstacle until you achieve the goal you are aiming for. This can be very satisfying once done. You must take no short cuts. A challenge is an Angel Call.

2. You need movement, physical activity, lymph massage, Tantra.
3. You need healing for the disempowerment and blockage of power.
4. See 3-3, p 185 as well.

22-4: Tau: TA – Daled: D



1. This is one of the toughest karmic patterns to overcome.
2. Healing is vital here to nourish you as you are usually so aware that you come from the Source/God, but also feel strongly the complete disconnection from this.
3. Deep tissue massage, cranial sacral therapy and Rolfing (when ready) to release the physical and energetic rigidity in your body are recommended.
4. Meditation, the Unified Chakra (Appendix E: 10), Lightbody Integration work (Appendix E: 2), in fact anything that helps rebuild your connection to your Spirit will help.
5. Learning to trust the flow of your Spirit. By taking action based upon its prompting. Initially, these will be small steps, but as you gain confidence, you can take bigger steps and the full expression of your Spirit will eventually flow through your consciousness.
6. Tachyon Sexual Tonic for Men (Appendix E: 7)
7. If you have had a particularly traumatic birth, eg a forceps delivery, Colour Light Therapy (Appendix E: 3) Prenatal Series of treatments is recommended to clear this.

8. You need a strong therapist to hold the space for you, someone with 9s or 10s in their Soul Contract Chart.
9. See 4-4, p 187 as well.

Living in the right place

One broad recommendation I would make which applies no matter what numbers you have is to undertake an Astrocartography (Relocation Astrology) reading (Ref 19). This is to ensure you are living in the right place on Earth that astrologically supports you most in manifesting your Soul Destiny. For even if you have become conscious of and are working through all your Soul Contract programs, if you are in the wrong geographic location, you are creating an uphill battle for yourself. I would recommend that if you are in a partnership, you undertake a joint reading for both of you and any children you have to find the places in common that support all of you manifesting your Soul Destinies on Earth.

The essence of the numbers

Here is a summary of the essence of each number in Karma, Talents and Goals and the key to moving through the issues they create for you.

TABLE 16: SUMMARY OF EACH NUMBER

Number	Talent	Karma/Goals	Key to moving through the issues
1	Unity, power, stability	Abuse of power, avoidance of spiritual growth	Spiritual discipline, eg meditation, yoga, martial arts
2	Emotional resiliency, objectivity	Lack of resiliency, wisdom and foolishness	Balance
3	Communication	Unworthiness	Conscious communication, exploration of sexuality
4	Duplication and sharing, trust	Lack of trust in the flow	Share of self with others, eg

5	Truth, intuition	Fear of speaking truth, misuse of the power of the voice	children; trust in all aspects of life Speaking your truth grounds the energy in and makes it tangible. Accept yourself as a pioneer.
6	Creativity, focus	Lack of focus, blocked creativity, rigid, anger	Creative ventures; review and prioritize goals, stay focused, complete them in manageable steps of success, harness the frustration
7	Heart opening, objective, action	In dreamland, indecision, control, hiding	Open the heart, heal the heart, live from the heart.
8	Grounded, connecting with people	Ungrounded, avoiding connection, unclear boundaries	Look after the body, enjoy Earthly life.
9	Powerful, catalytic, trusts Spirit	Resistance to power, victim consciousness, no boundaries	Surrender to Spirit in every moment, stay grounded.
10	Manifestation of God, Service, Intuition	Denial of God and spirituality, misuse of power	Service to others and to God
11	Assimilation, structure	Lack of structure, lost, life and death	Discern and live according to your truth.
12	Absorption, expansion, love	Learning balanced expansion	Balance in expansio

Chapter 11

Decoding the interpretations of your Soul Contract

Interpretation methodology

We will now put together all that you have learnt so far so that you can interpret your chart. So far, it may feel like there are many disparate pieces of information floating around that are seemingly unconnected. You are now going to put together your Soul Contract, the Spiritual Map of your life, find out where you are on it and learn how to overcome the issues on your map that have been blocking you from moving forward in life as follows.

1. If you have **double numbers**, eg 8-8 or 3-3, in karma, then you have no free will in this aspect. Your soul has chosen a specific set of energies for you to work through.
2. If you have double numbers that are in Talents, then that energy is highly emphasized as an attribute.
3. If there are 5 to 6 double numbers in your chart, your life expression is going to be rigid, and this can lead to you to becoming very insecure. You will have got used to being confined to limited energy patterns. It can feel like you are travelling through a thick-walled transparent glass tube in life. You can see lots of nice things you would like to experience, but slide right by them and cannot actually engage with them.
4. If there are very spiritual energies in your physical talent position, then you may need to optimize your name by changing it, to get more of the right energies to infuse as an overlay through the physical part of the chart and ground the energies. Otherwise, your energies may not flow and you may become stuck in life: for example, 5-5s in Physical Talents are a fine etheric energy trying to function in the dense 3rd dimensional Earthly reality. This is usually without much success unless the key strength of the 5-5, which is intuition, is used to primarily function in the physical world. Name Optimization can

only be undertaken by a trained and experienced Soul Contract Reading Practitioner ([Appendix C](#)).

5. **Dominant Vibration:** If there are four or more of the same numbers in your chart, in any aspect including the Soul Destiny, this becomes the Dominant Vibration. It means that you will be exposed heavily to these energies. You can have up to three of these.
6. **The Word** is a progressive story, used for the Dominant Vibration. Read it to yourself at the end of the interpretation. If there are multiple Dominant Vibrations, you should read them in ascending numerical order as they will build on each other.
7. **The Master Numbers** 3, 7, 12, 13 and 18 come with greatly increased power in all aspects; they make particularly challenging karmic aspects to be overcome.
8. Your Soul Contract will put into context all of the experiences you have already had in life so that you can bring understanding as to why these seemingly disparate events occurred.
9. If you have 20–25 letters in your name, this can lead to confusion as there are too many energies running and you are experiencing the energies of all the different letters. As a result, you may be the jack of all trades, never really settling down and focusing as you need to nourish all the different energies that are running.
10. In the above case you would need to optimize the name to reduce the number of letters to between 15 to 18, but no less than ten phonetics, to ensure it does not become a short name which has too few sounds and which would limit your life expression.
11. Nicknames basically have the effect of preventing the full expression of your soul energies by limiting the scope of energies you can work and express through. These are not recommended for common daily use.
12. **The talents act as the fulcrum** or pivotal points to help you move from the karmic experiences to the goals. Your talents determine if you have enough power to overcome the karma and achieve the goals.
13. Here are some **key talent fulcrum interactions** you need to be aware of with the effect of their infusion into their associated karmic and goal aspects.

- i. If there are the same numbers in Talents and Karma or Talents and Goals, then you definitely have the ability to work through the karma or come into the positive qualities of the goals as the positive energy of the talents perfectly matches the negative energies of the karma or goals.
- ii. The 17-8 and 8-8 are perfect for grounding the etheric 14-5 and 5-5. The Taurean grounded nature of the 15-6 and 6-6 also performs the same function, but not quite so strongly.
- iii. The enormous power and catalytic nature of the 18-9 and 9-9 help you work through every other number.
- iv. The objectivity of 16-7 and 7-7 helps the unfocused 15-6 or 6-6 to focus.
- v. The focus of the 15-6 or the 6-6 helps the indecisive 16-7 or 7-7 to make a decision on what is the right course of action.
- vi. The objectivity of the 16-7 and 7-7 helps the 2 component of the 11-2 see the truth of what is really going on in someone's life. This also works the other way with the symbolic height of the 2s, giving the indecisive nature of the 7s some objectivity on deciding what to do.
- vii. The finality and solution of the 18-9 helps overcome the indecision of the 7-7 and 16-7. The 16-7 and 7-7 objectivity and ability to catalyse energies into action helps the 18-9 finalize decisions.
- viii. The 13-4 is good for infusing into 12-3, chilling them out, slowing down the need to always expand.
- ix. The ability to express hidden authentic feelings and thoughts of the 7 in the 16-7 and 7-7 brings the 3 of the 12-3 and 3-3 out of its hidden depth and vice versa.
- x. These interactions will be covered in much more depth in a follow-up book on name overlays and relationships, where we look at the effect of the overlay infusion of corresponding aspects from different names you have used and for people you have had relationships with. This is outside the

scope of this book as you first need to focus on learning the essence of the 22 numbers of the Soul Contract Reading system before going to the next level of understanding of this work.

14. As you get older, the energies of the physical and spiritual aspects of your Soul Contract begin to flow between each other. This only occurs if you have worked through your karmic aspects and activated your talents.
15. If your karma is identical in both physical and spiritual aspects, this leads to an intense experience. This requires strong talent energies to overcome.
16. If there are the same numbers in Spiritual Karma and Physical Goals, you have to work through your Spiritual Karma first to reach your Physical Goals.

Writing out your Soul Contract

1. Go through all of the points in the Interpretation Methodology above to see which ones apply to you and write down the relevant ones. Write out the **key words** for Physical and Spiritual Karma, Talents and Goals that jump out at you.
2. If you find that the interpretations of some or all of the aspects of the Soul Contract numbers you have decoded are not fitting the subjective experience of your life, this may be caused by several different factors:
 - i. There may have been an error in the calculation of the numbers, so go back and carefully check your calculations step by step, starting with the spelling of your birth certificate name, then the allocation of the Hebrew numbers to the letters within it.
 - ii. There may be some non-English pronunciations of some elements of your birth certificate name that are not translating properly into the correct Hebrew sounds as you have not converted them to the correct equivalent English phonetic sounds (see Appendix A: Non-written English and non-English phonetics).
 - iii. Now go back to the beginning of Chapter 3 to generate your chart again.

3. Look at the astrological input, organ, gateway, quality and direction and write out the relevant parts that draw your attention.
4. Draw the symbols on your Star of David chart: this will draw down the energies of the numbers and will help you tune in.
5. Get into the feel of the overall chart and flow of energy and let it tell you the story of your life.
6. Go through the recommendations for your aspects and write down the ones that resonate.

Case studies

We will now undertake case studies to show you how a Soul Contract is interpreted. The aim is to cover as many of the 22 Hebrew numbers used in this system. This is to give you a good feel for the numbers in action in someone's life. In the case study that follows, it will be undertaken in layers using keywords and phrases from the Interpretation Methodology as well as recommendations on how to move forward through the issues that are identified. It will demonstrate how the whole story of someone's life is put together so you can do it for your own chart. Due to space constraints, subsequent case studies will be in more summary form as the focus will be on the numbers we have not covered in earlier case studies. As there is no space to present case studies for all of the 22 numbers in all seven aspects, discussion of what they mean in different aspects will be included where appropriate.

Case study chart summary for finding your numbers

All nine case study characters are shown here so that you can quickly find the one that has your numbers in their chart.

TABLE 17: CASE STUDY SUMMARY

Phonetic Name	Michael William Sampson	Bart Alan	Stephanie Margaret Megan Taylor
Category	CASE STUDY 1: Lead character	CASE STUDY 2: Michael's architectural partner	CASE STUDY 3: Michael's wife
Physical Karma	11-2	11-2	13-4
Physical Talents	21-3	13-4	6-6
Physical Goals	5-5	21-3	10-1
Spiritual Karma	13-4	11-2	11-2
Spiritual Talents	8-8	13-4	13-4
Spiritual Goals	10-1	21-3	5-5
Soul Destiny	14-5		13-4
Dominant Vibration			

Phonetic Name	Maxine Charlotte Ethelle Sampson	Jeri Michelle Taylor	Mark Anthony Rubin
Category	CASE STUDY 4: Michael & Stephanie's daughter	CASE STUDY 5: Stephanie's sister	CASE STUDY 6: Jeri's husband
Physical Karma	12-3	7-7	10-1
Physical Talents	15-6	11-2	12-3
Physical Goals	11-2	18-9	21-3
Spiritual Karma	18-9	22-4	17-8
Spiritual Talents	9-9	6-6	8-8
Spiritual Goals	7-7	5-5	20-2
Soul Destiny	9-9	15-6	16-7
Dominant Vibration	9		

Phonetic Name	Naomi Jemma Kelliher	John William Taylor	John Arnold Ford
Category	CASE STUDY 7: Stephanie's mother	CASE STUDY 8: Stephanie's father	CASE STUDY 9: Michael's architectural partner
Physical Karma	4-4	11-2	8-8
Physical Talents	11-2	21-3	17-8
Physical Goals	7-7	19-1	18-9
Spiritual Karma	8-8	3-3	16-7
Spiritual Talents	19-1	8-8	18-9
Spiritual Goals	8-8	5-5	8-8
Soul Destiny	12-3	13-4	13-4
Dominant Vibration	8		8

Case study 3: Stephanie Margaret Megan Taylor

Let us take a look at case study 3, Stephanie Margaret Megan Taylor, who is Michael William Sampson's wife. We will go through the interpretation methodology just described using her name so that you get a good feel for how to put together your own reading. In Stephanie's chart there are only two sets of the more rigid double numbers, the Physical Talents 6-6s and the Spiritual Goals 5-5s, so she has a reasonably wide range of life expression. An especially unusual configuration is the presence of three 13-4s in the chart.

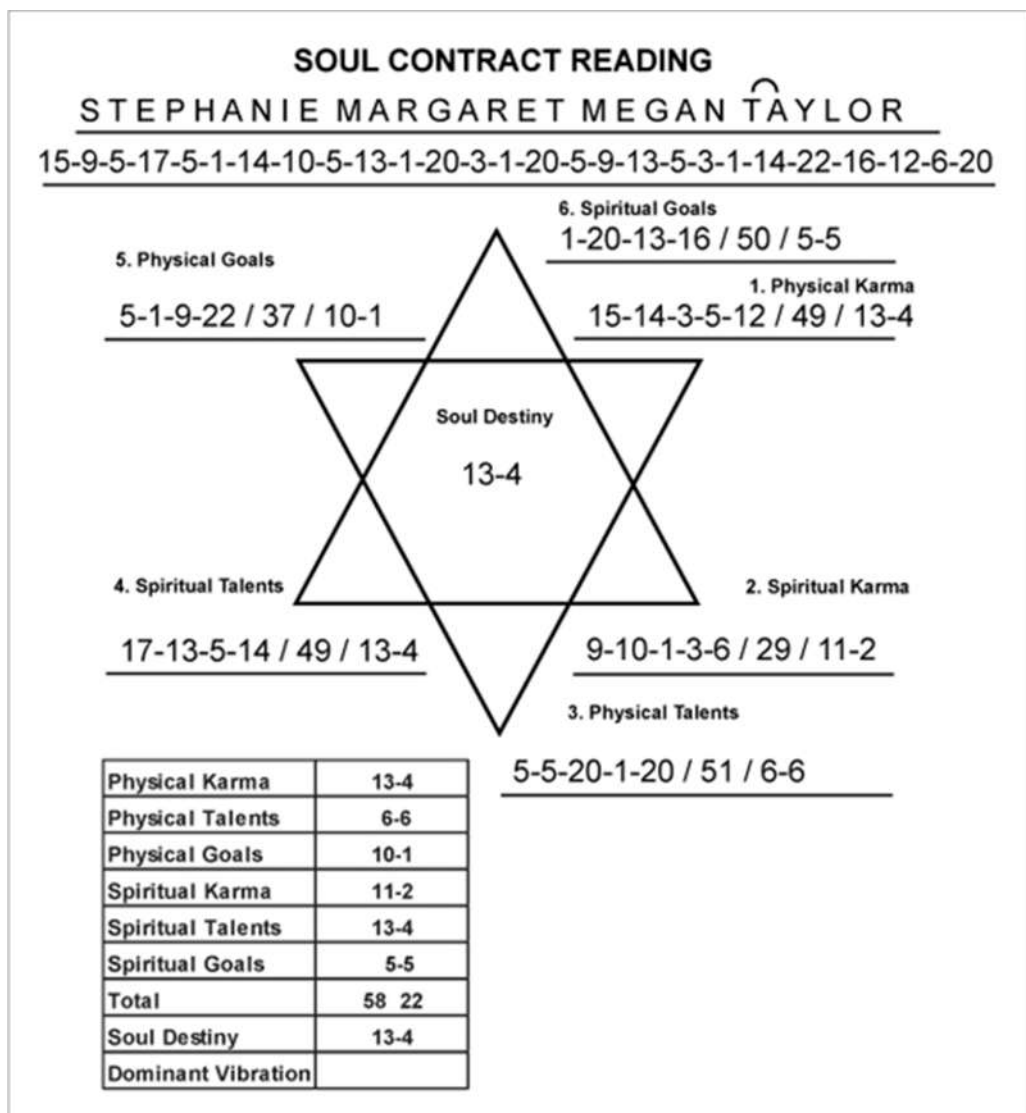


Figure 18: Chart for Stephanie Margaret Megan Taylor

We write down the **keywords and phrases** for each aspect of Stephanie's chart. This does not mean that we need to write all of them down, just the ones that resonate, that jump off the page when going through the interpretations. They are the ones that matter at this time as they will form the underlying structure of the story we will weave about Stephanie's life. These come from the first level of interpretations in [Chapter 4](#) and the second, more in-depth layer of aspect-specific interpretations in [Chapters 7–8](#).

Keywords and phrases

Physical Karma: 13-4



1. The 13: Come into love of the Divine Feminine
2. Sign of water and wisdom; the acquisition of wisdom
3. Heart closed
4. Neglecting others
5. To become like a mother
6. The 4: Barren to Fruitful: to trust in God's abundance
7. East: New things rising
8. Right nostril: Anticipation
9. Inability of self-acceptance

Physical Talents: 6-6



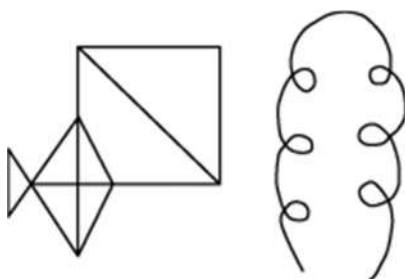
1. Creativity
2. Symbol: Convertible knot; converting ideas into manifest reality
3. Excellent business people due to focus
4. The Eye: Spark of Light that moves out into the Universe, illuminating and expanding ideas and energies
5. Very artistic and creative
6. Looking for expansion; concentration
7. Focusing intuitive soul energy creatively

Physical Goals: 10-1



1. The 10: Potential manifestation of Spirit on the Earth plane
2. Virgo: Analytical, meticulous and discriminating
3. Works hard to achieve
4. Left Hand: Learning to reach out in relationships
5. Physical Goals are spiritual; to be of direct service to others in mainstream society using spiritual energies
6. The 1: To become unified, stable and use power properly

Spiritual Karma: 11-2



1. The 11: Assimilation, structure
2. The sign of assimilation, a mould which accepts all forms, ideas and concepts and creates a new structure out of them
3. Double Letter: Lessons in Death to Life
4. Can wear dysfunctional patterns as their own.
5. Tendency to become dependent on others
6. Difficulty assimilating information, ideas and knowledge
7. The 2: Double Letter: Lessons in Foolishness to Wisdom
8. Right Eye: Capacity to perceive truth of reality
9. Lack of balance and misuse of abilities
10. Lack of emotional resiliency
11. Hypersensitive, easily shocked

Spiritual Talents: 13-4



1. Love of the Divine Feminine
2. Sign of water and wisdom
3. Passive and maternal, a sign of total love
4. Excellent teachers
5. This is water, to which all things come.

Spiritual Goals: 5-5



1. Truth
2. The symbol is of a foetus, something that is abstract, changing and growing.
3. Aries: The pioneer, being courageous, really stepping out with the Right Foot
4. Speech, speaking truth
5. To completely open up the mind to the soul; teacher of teachers

Soul Destiny: 13-4



1. Sharing Christ Consciousness energies
2. Expand spiritual goal 5-5s

Putting together the story and recommendations for moving forward

Now that we have the keywords and phrases in place, it is time to string them all together into the story of Stephanie's life. You can think of them as navigation waypoints, and the story basically joins them up into one continuous integrated flow. Recommendations for moving forward in life are also incorporated.

Physical Karma: 13-4

Stephanie had a lot of mother issues, as her mother Naomi Jemma Kelliher (case study 7) neglected her and her sister Jeri Michelle Taylor when they were younger as she was overwhelmed by the pressures of parenting. She did the bare minimum to look after them, but did not give them enough of the love that they needed. It was beyond her capability as she just was not able to emotionally connect (spiritual karmic and goal 8-8s) with them and share the feminine part of herself (Soul Destiny 13-4s). The pain of this resulted in Stephanie putting up a protective stone shield around her heart so that she would not get hurt again. She felt that there was never enough love in life, which led her to being self-indulgent and selfish as a child.

When she got together with Michael William Sampson, they talked about having children in the future, but the Universe had other plans. This was in the form of the 'accidental' early conception of their first child, Maxine Charlotte Ethelle Sampson (4). Stephanie initially found it hard as she felt that Maxine was taking her life away from her, that she had no time or energy for herself. This led her to being neglectful of Maxine's needs, very much like her mother had been neglectful of her. We initially repeat our parent's behaviour in the way we raise our children. Her soul was creating a sense of deep separation in consciousness from the Divine Feminine aspect of God, represented by her mother. She was to overcome this and become a great mother herself.

As Stephanie started to awaken spiritually and became more conscious, she realized that she was turning into her mother.

We get imprinted with our parent's unresolved emotional karmic issues at birth, as we have a contract to process them. Stephanie took action to rectify this. She started to learn to share her self unconditionally with her children, with her energy, love and time.

She also requires ongoing healing to release the heart trauma (13) in order to allow the love of the Divine Feminine to come in. Total immersion in initiated Goddess energy in women's workshops would really touch her soul, celebrating the Goddess within. This would break down the remains of the stone wall of heart protection so she can trust in her own Divine Feminine once more.

She needs to feel she has received enough love, knowledge and abundance in order to have something to share (4). The core program is the feeling of being unworthy to receive this flow. Abundance workshops would be good for addressing this and to build trust that the flow will always come as well as a regular spiritual practice to connect her to the flow of God/Higher Consciousness. Sharing her unique capabilities unconditionally in community activities would increase the sense of being connected to people to overcome the feeling of isolation of the 4s.

Overall, Stephanie discovered that the more she opened her heart (13), to receive the flow and duplicated and shared it unconditionally with those around her (4), especially her children, the more she felt fulfilled in life. She had got the contextual lesson of the karmic 13-4 and had turned into a soft, nurturing, unconditionally loving mother and woman.

Physical Talents: 6-6

Stephanie was a creative artist at heart. She painted a lot when she was younger and studied fine arts at University. She undertook further study specializing in interior design as making a living purely from painting was difficult as she lacked trust in the flow of abundance (4 of the physical karmic 13-4). Her great strength was to take an artistic idea that resonated with her and to develop that seed into a fully-fledged artistic expression out in the world: true creativity in action.

She could really see what a client needed in their house or commercial office space and expanded and grew that idea into a beautiful finished interior using her enormous focus. This enabled her to plunge ahead with all her energies and step by step achieve her objectives resulting in her own interior design practice becoming very successful.

To maintain the external work-orientated creative flow, Stephanie needs to develop her inner creative reconnection through her painting on an ongoing basis without the need to deliver a specific result. This is all about having fun and just allowing the creative pathways to open and develop within her, being in the eternal 'now' moment of right-brain creative thinking. As she opened her heart (physical karmic 13-4s), Stephanie would then be able to deeply feel which out of all the creative ideas she had was the most important one to undertake first.

Stephanie became good friends with Michael William Sampson at university, and they eventually formed a long-term relationship. They set up separate practices which worked cooperatively. Stephanie provided interior design services for Michael's architectural practice.

Fulcrum energies of the 6-6s:

Into the physical karmic 13-4s: These help ground Stephanie into the flow of nature of the 4s.

Into the physical goal 10-1s: These ground Stephanie into feeling her way through any blockages to coming into her spiritual power and so people can relate to the expression of her service on Earth.

Physical Goals: 10-1

This is a high-frequency spiritual energy in the physical part of Stephanie's chart. It is all about learning to manifest her spiritual service on the Earth plane. There are no real Physical Goals for her, making it difficult to choose a career. There was no free will for her here; she had to learn to use her spiritual abilities in service to others, and to consciously reach out to

them with her symbolic left hand. In the end, it came down to working out how to use her artistic creativity as the core of this service, which was to create beautiful, life-enhancing spaces for them. Reconnecting to Spirit/Higher Consciousness through meditative processes and tools such as Lightbody Integration (Appendix E: 2) will really help here.

She had to work hard learning to use her spiritual power with integrity in her service on Earth. Occasionally, she manifested disempowering situations where people, especially men at work, would challenge her power so that she could claim it back. This was particularly strong when she first started working. This all started with her father who emotionally and mentally abused her as child which suppressed her male energy and threw her overall male/female energy out of balance.

Claiming back her power requires accessing the deep subconscious shadow program that prevents the true integrated power of the 10-1 from expressing itself in service. As this shadow forms the core of Stephanie's ego construct, it is quite challenging to deconstruct it using mind/emotion-based healing tools such as EFT and Divine Healing Master Key (Appendix E: 1). This is because the ego's primary defence mechanisms are contained within the mind. The key here is to initially bypass these by using physically based healing tools (Appendix E: Empowerment Protocol) to release the shadow program up into conscious awareness. For once a program can be felt, it can then be cleared using mind/emotion-based tools.

Stephanie had very good intuition in terms of sensing what was really going on energetically in work situations, This always worked to her advantage: for example, in business meetings she would be one step ahead of everyone else and could then steer the meeting in the direction she wanted, to get the result that felt right in her heart. It was like she was a mind reader. However, at times she doubted her intuitive flow and at other times she felt very connected to it.

Spiritual Karma: 11-2

When Stephanie was a child, she felt lost in life and did not understand how things worked. At school, it took her longer than average to assimilate new ideas and concepts. She had to receive the information in several different ways until the structure of how to do new things fully assimilated into her consciousness and became her truth. She could then use this new information effectively. We have a primary and a secondary sense out of the five physical senses that we use to take in information. These are usually traumatized by life in order to shut down our consciousness. She needs to heal these and bring them back online which would enable her to fully engage with the joy of life once more and make assimilation a lot easier.

Stephanie was the emotional processing unit of her family. When she was young, she took on all their unresolved dysfunctional emotional issues, especially from her parents and ancestors further up the line. She unconsciously tried to heal all these patterns within herself. This is about developing the discernment (11) of what to assimilate and what to discard. Underneath this enormous family karmic load lay the real Stephanie.

The key here is to clear out the imprint of all these family energies with tools such as Colour Light Therapy Male/Female Balance (Appendix E: 3) for our parents' unresolved issues we receive at birth.

Divine Healing (Appendix E: 1) is also good for releasing imprints and entanglements with family members.

The momentum of carrying this load pressed on Stephanie's hypersensitive 2s and created a lot of emotional ups and downs to the point of sending her into shock. This needs to be released out of her system to unlock the symbolic resilient spring of the 2 so she can bounce back to life. Divine Healing (Appendix E: 1) is good for shock and trauma release. Physical practices such as yoga and Tai Chi are also helpful, along with cranial sacral therapy and massage.

The Foolishness to Wisdom energies of the 2 led Stephanie to make a lot of emotionally impulsive foolish decisions when she was younger which she later regretted later. This occurred a lot in relationships with men. When she realized what she had done, this often led her to breaking up with these men. This relationship death that she experienced is part of the 11 Death to Life Double Letter energy. As she grew older, she learnt to take her time when choosing to engage with new relationships and situations. She would observe the new situations to learn to bring her Right Eye (2) into action to see the truth of what is really going on. She was riding the resilient spring symbol of the 2 that is always moving up and down, seeing a situation differently in each moment. When this spring stabilized and she could observe and sense the same truth continuously for several days or weeks, she would then act from a place of Wisdom rather than Foolishness.

Spiritual Talents: 13-4

This is an amazing energy for Stephanie. It is all about silently transmitting the flow of unconditional love of the Divine Feminine for all things – accepting them exactly as they are. Letting go of all judgements and any bad feelings about them. This then lets the situation or people involved drop the role they were playing for her and unlock and move to a higher state of consciousness. As Stephanie matured and came into this energy in her early 30s, she was making the transition from the physical to the spiritual triangle in her Soul Contract somewhat earlier than the normal 35-42 year time frame. People felt enormous love and acceptance from her. They were unconsciously drawn by this energy to her as it reminded them of home, the love, the Unity Consciousness of the higher dimensions – what they have been unconsciously seeking for their entire lives.

Stephanie would feel her heart expand with love when she connected with her Soul's desired action in a given situation. Then she set clear intent for this, let go of all attachment to the outcome and had total trust that it would come to pass, which it usually did. The 13-4 is about surrendering to the flow of Spirit. If something was meant to happen in her life, she surrendered to it. If it was not meant to happen, there was no

point in trying to force it with the ego mind. That was the pathway to pain and suffering.

The 4 energies were also about unconditionally accepting the flow of God/the Universe that came to her, be it love, knowledge, money and ideas. Stephanie would take all these things and expand and share them with others through her work and home life. In her work she was always generous with her ideas and shared them with other interior designers, helping them in their practices. She did not hang on to things out of fear that people would steal her ideas and make money from them. The result of this generosity was that she created some important new design trends and became well known for being the creator of them. She shone in the design world which comes from the Sun (4). This attracted more flow to her in the form of some prestigious design jobs from clients and architectural firms keen to be associated with her high-quality, inspirational work.

In her home life the talent 13-4s meant she made extraordinary efforts to create space for and to share quality time with her children, Maxine and Joshua. For she was learning that this is very precious time as they were growing up fast and that the more love she shared with them, the more that would come to her in return. Life was a continuous flow of all good things for Stephanie because she had learnt to expect them to come. As she grew older, she had an excellent sense of anticipation (Right Nostril) when something new (East) was going to turn up.

Fulcrum energies of the 13-4s:

Into the spiritual karmic 11-2s: They infuse the flow of knowledge and the heart energies of love into the 11-2s, helping her cope with the emotional ups and downs of the 2s.

Into the spiritual goal 5-5s: The 4s, which are the flow of nature, ground the etheric, ungrounded 5-5s.

Spiritual Goals: 5-5

Stephanie was always a pioneer in her interior design work. She was Aries in nature, stepping out in the world with her

symbolic Right Foot and being courageous in her expression. She was always looking for something new that would catch the eye in her designs, that would enhance the quality of the energies of her clients' living and working spaces. Unless she was on the cutting edge of interior design development, she got bored as conventional mainstream design just did not do it for her. Speaking her truth was always important for her from a very young age. This tended to get her into a lot of trouble as result, as most people are not conscious enough to handle absolute truth in their lives, and it would send them into an enormous emotional process. She used to unconsciously fear that she would be persecuted somehow if she spoke her truth. This, she discovered during a past life reading, was due to being punished for saying the truth when no one else was prepared to do so. The urge to speak the truth came from deep within her soul, an unstoppable drive. These past life files and memories can be cleared using tools like Divine Healing ([Appendix E](#)) and past life regression.

Stephanie needs to assert her truth in the world cleanly without using her voice and intuition to manipulate groups of people and to clear any disempowering, abusive experiences she initially manifested to suppress this truth. Assertiveness training and vocally expressive activities such as singing, public speaking, teaching would help her open up her vocal channel.

Because of the hypersensitivity of the 5-5s, she could also tell immediately if someone was not telling her the truth. When this happened, it really made her feel angry as she regarded this person as a liar, without integrity and not to be trusted, even if they were not doing this consciously. This sensitivity also meant that she found it hard to adjust to being in society as she was always getting imprinted by the heavier, lower consciousness energies that surrounded her. This can be addressed by ensuring that any physical space she entered was energetically cleaned before she entered it, to ensure that only the highest possible frequencies were present when she arrived ([Appendix E: Quadruple Grids](#)). The sensitive, etheric 5-5s also mean that she was ungrounded a lot, especially in her early life. Grounding exercises become important here, such as regular exercise, gardening, cooking, walking in nature and working in

3rd dimensional, conventional, non-spiritual environments for a while.

Stephanie's pioneering designs consisted of a synthesis of Vaastu and Sacred Geometry concepts for the layout of house and building spaces to maximize the beneficial use of the spiritual energies flowing into her clients' lives. Vaastu ([Ref 21](#)) is a highly conscious, ancient Vedic science from India about how the layout of a house or building and its positioning on a property affects the five elements of Earth, Sky (space), Air, Water and Fire as they come into the owner's lives. Half of your life is created by your Soul Contract. The other half is created by the layout of your primary home and property, which is part of the manifestation of your Soul Contract. Stephanie developed this pioneering work, in conjunction with Michael William Sampson, to create spaces that would maximize their clients' conscious development and success at all levels in their lives. The ultimate purpose of an optimally Vaastu and Sacred Geometry ([Ref 22](#)) designed space and property is to create an abundant, highly conscious life experience for those who live in the space.

Once Stephanie had begun to master this spiritual design process for her clients, she had a strong urge to start to teach this work. This comes from the 4 of the 13-4 energies in her Physical Karma, Spiritual Talents and Soul Destiny. She just felt that deep inside her she wanted to duplicate and share this knowledge with the rest of the world. As a result, she took a part-time position in the same Architectural School that Michael William Sampson also lectured at. Together they established a department for Vaastu and Sacred Geometry design. She became a teacher of teachers like Michael, ensuring that this sacred knowledge was fully revived and grounded into a western context so that it was accessible to as many people as possible. Their ultimate purpose here was to bring more of Spirit into the western design ethos so as to expand it beyond its current limitations into a much higher level of consciousness.

Soul Destiny: 13-4

The overall purpose of Stephanie's life this time around was to share the unconditional love of the Divine Feminine with those around her who were ready to receive it. She started with a 13-4 in Physical Karma, the disconnection in consciousness from the Divine Feminine aspect of God. This was so she could work through the negative context of this pattern to eventually fully reconnect to the Divine Feminine energy with her Soul Destiny. She was to ultimately share the unconditional love of the Divine Feminine, Christ Consciousness energies with the world at large, through her teaching of the sacred knowledge about living and working spaces. The 13-4 in Soul Destiny also greatly expands her spiritual goal 5-5s, really getting her pioneering work out into the world.

In order to achieve all of this, Stephanie needs to focus on consciously working through all of the other six aspects, so they feed into the gradual manifestation of her Soul Destiny. Coming into more of the Soul Destiny is like working through the karmic aspect of it for an entire lifetime.

Case study 4: Maxine Charlotte Ethelle Sampson

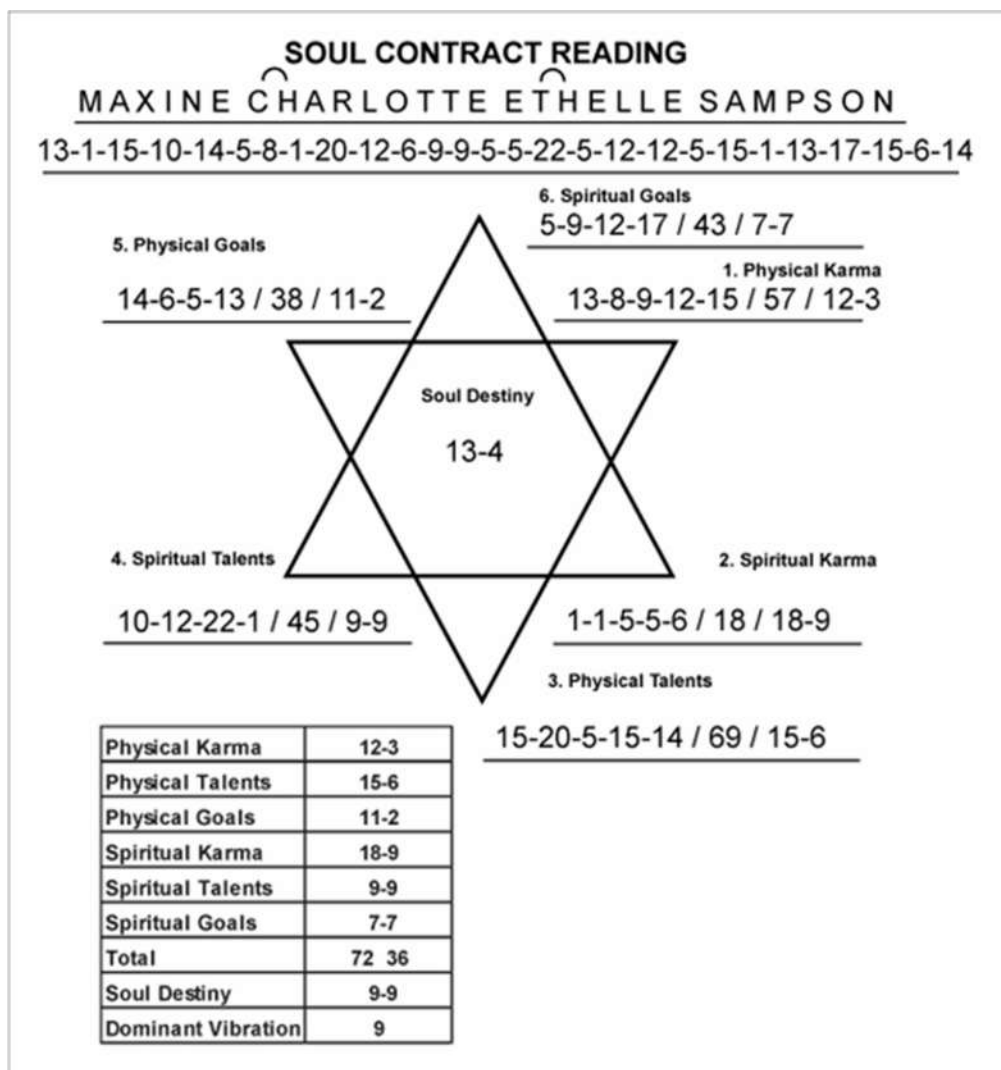


Figure 19: Chart for Maxine Charlotte Ethelle Sampson

Physical Karma: 12-3

Keywords for the 12: *Absorption, expansion and expression of love and knowledge, unbalanced expansion in karma*

Keywords for the 3: *Worthiness, communication of deep inner concepts into the world, wealth and poverty, unworthiness in karma*

This is Michael William Sampson and Stephanie Margaret Megan Taylor's first child. Maxine Charlotte Ethelle Sampson is nine years old and was always in a rush due to the 12 energy

which was continuously driving her to expand in all areas of her life. She never felt there was enough time to do everything, that if she did not rush she would miss out on something in life. There was always too much going on, and this threw her out of balance because she would place too much emphasis on one thing and not enough on the other parts of her life. For example, she ended up going to three after-school sports clubs which exhausted her, and she did not have enough quiet contemplative home time with her mother and father. There was a severe imbalance between the physical and spiritual aspects of her life. She felt like the physical limitations of her body, in terms of how much it could cope with, were a real obstacle to her expansion.

The best way for her parents to manage this is to ensure there is a good balance between physical and spiritual activities in Maxine's life and that there is quiet, contemplative chill-out time. They need to focus Maxine on working only on the priority things and not to try to cram so much into the day. This would gradually restore balance to her life. For by not pushing so hard to expand, she would allow a more natural flow to occur for herself.

The 3 component of these energies carries a lot of unworthiness to be loved due to her mother's physical karmic 13-4s. This was where Stephanie was initially being selfish with her time, as Maxine was the first born, and it took Stephanie time to make the massive adjustment to becoming a mother who had to be there unconditionally for her child no matter what. As a result, Maxine's ego took on the imprint that she was not worthy of being loved. This went deep into her subconscious. She was very shy as a child, lost for words at times when people spoke to her as she wanted to be invisible as she felt unworthy of being seen by others. Whenever they put on the annual school play, she never stepped up to play a lead role, preferring to shrink into the background at the back of the stage within an ensemble of other children. She greatly underestimated her performance and expressive abilities.

Even though her parents gave her a weekly pocket money allowance, she was always saying to them that it was not enough. She wanted to spend their money on things to make

her feel better about herself. The unworthiness also created a constant need for approval from others in order to get some form of love from them.

Because the karmic 3 program within the ego can take any comment as criticism that confirms that it is inherently bad, it is important for Maxine's parents to boost her self-esteem at every opportunity with genuine appreciation for what she manages to achieve in life. Focusing her on all her positive qualities and achievements is the key here as the karmic 3 ego program is a real navel gazer, looking for all the bad things about itself. At a conscious level, Maxine did not even realize she was doing this as this had always been the way it was from the time she was born. Her parents need to avoid speaking to her in the symbolic organ of her Right Ear, which carries this program at a cellular level. Her ego would have a strong knee-jerk reaction and interrupt to block the rising feeling of unworthiness that was triggered. By switching to speaking in her Left Ear, there was a much better chance she would hear what they were really trying to say.

Maxine needs to communicate how she really feels. She was into writing and produced some lovely stories during her literacy classes, some of which won her headmasters awards. Her parents need to encourage and help her with this. She also had a good singing voice and was a natural tone: this is someone who can pick up a tune and then just play or sing it very well soon afterwards. Her parents sent her for keyboard and singing lessons to their neighbours who were professional opera singers, and Maxine flourished there in a safe, structured, creative environment that allowed her to make mistakes as she learnt how to express the great inner depth of her 3s.

On the poverty consciousness issue of wanting to spend money all the time, her parents can manage this by teaching her to pause before impulsively wanting to buy something and asking whether it is essential. If it is, is there a more cost-effective way of getting the same result? If there is not, what is the best deal/buy to be had? Is it necessary to buy it right now? Can it wait? They can also ask her to contribute something towards the things she thinks she wants in order to keep her grounded

with regard to money so her money is on the line, not just theirs.

Physical Talents: 15-6

Keywords for the 15: *Inner circular movement, a journey to feel and accept God on the inside and the outside*

Keywords for the 6: *Creativity in action, taking a resonant truth and converting it into manifest, completed form*

The 15s are all about undertaking a gentle spiritual journey to either feel God within yourself or outside yourself. They are about inner or outer circular movement for Maxine. There is a small negative element of each talent aspect to work through before someone comes into the positive qualities of it. This initially manifested in her outer reality in the form of changing clubs and interests all the time. Losing her purpose and direction, trying on lots of other people's ideas. Finding that they did not feel right in her Stomach, which is the symbolic organ of the 15. This created a lot of restlessness and insecurity as a result.

The best thing that her parents could do here was to support Maxine in all the things that she wanted to try out, knowing that she must have the direct feeling experience of something to know the truth of whether it is right for her or not. It is important that they do not put pressure on her to settle into one thing until it feels like the right thing to do. They can explain to Maxine that it is all right to go from one thing to another until she finds what feels right deep inside her.

Because she felt free to try whatever she liked, Maxine decided to drop two of the after-school club sporting activities and instead enrolled in a more contemplative art club, where she learnt painting, drawing and sculpture. Inside her was an artist, which is the 6 energies; she had inherited the artistic genes of her mother. Maxine took to drawing and painting like a duck to water. She was in her element, a real natural. For the first time in her life she felt she had found her place, her centre, being in the continuous 'now' moment of opening to her creative flow (6s) and just allowing it to flow onto the paper. This enabled her

to take the spark of an idea that resonated with her, that was true to her, and to expand it into a physical manifest form with creative energy and focus. She was always looking for artistic expansion as a result.

Fulcrum energies of the 15-6s:

Into the physical karmic 12-3s: The 15s infusing into the physical karmic 12-3s enable Maxine to feel some of the God within which helps overcome some of the feeling of the 3s that she is unworthy of being loved by God. They do not help her find balance in life, though, which is the primary lesson of the physical karmic 12. The 6s, which have a Taurean energy about them, provide some steady grounding so Maxine can feel her way through the deeply buried unworthiness of the karmic 6s. As she brings consciousness to them, they will gradually peel off like layers of an onion.

Into the physical goal 11-2s: The God essence felt within the 15 allows Maxine to feel and therefore discern what is right to assimilate into the structure of her physical goal 11-2s.

Physical Goals: 11-2

Keywords for the 11: *Assimilation of ideas, knowledge, forms, emotions and creating a new structure out of them, life and death*

Keywords for the 2: *Paternal sign, resiliency, supporting/cushioning others, perceiving things from different perspectives, wisdom and foolishness*

As a child, Maxine always had to learn new things about life. This was challenging for her at times as she often lacked structure (11s). She needed to be shown how to do something in several different ways until she got how it really worked. Once she did however, and integrated that new structure into her consciousness, she became very fast at applying this in her life. When she was a baby, she was late in learning how to walk, becoming toilet-trained and moving out of the narrow range of foods children initially eat. Her parents used to worry about this slow development process because they could clearly see she was smart. But what actually happened was that the

transition out of them was rapid once Maxine had assimilated the new structure involved: for example, she came out of nappies over a period of three days and only had one accident and then it was like she had been toilet-trained her entire life. She was actually learning how the process worked the whole time, even though outwardly it appeared she was not doing anything at all.

At school, it never worked for her when the teachers gave the children a problem to solve by letting them work it out for themselves. Having understood her need for structure, her parents instructed her teachers accordingly, and as a result, Maxine's learning experience was greatly enhanced.

The other thing that Maxine required as a young child was a clear regular structure to her day in order to feel safe enough to cope with all her activities, more so than for a normal child. If things went chaotic in the family dynamic, then this would throw her off emotionally (2); she would become moody and upset at the unexpected change and lack of structure and lock up on her parents so nothing could be done. They learnt that she needed at least 48 hours' notice of any significant change to her schedule so that she would be able to assimilate it and cope. Even longer was required if they were going to go away from the regular home environment. Holidays required at least seven days' notice in order for everything to flow smoothly.

Maxine was very impulsive when she was younger, experimenting with the Wisdom to Foolishness energies (2s). This got her into all sorts of scrapes: for example, when the family was on holiday in the country, she found a rock in the garden of the cottage they were staying in and threw it into the air directly above her head. As the rock was half the size of her head, she suddenly realized that if it hit her, it was going to really hurt and stepped out of the way just in time. Wisdom was learnt in that moment and she never did that again.

Whenever there was an emotional shock, Maxine would be thrown off balance for a few days as she was so hypersensitive and still developing her emotional resiliency. Her parents learnt to be gentle with her because of this and to lovingly hold the space for her to come back into balance. The other thing that

happened regularly with the up-and-down movement of the symbolic emotional spring of the 2 was that Maxine would have some strong mood swings on some days. The key to working with this for her parents was to keep in mind that they would be over soon, not to take them too seriously and just ride them out. These were created by Maxine unconsciously taking on the load of unprocessed karmic emotional issues of her parents and ancestors and trying to heal them herself. She needs to have these cleared out of her system with some form of imprinting release healing process such as Divine Healing (Appendix E: 1). Once this is done, the reduced emotional processing load would result in smaller mood swings.

Spiritual Karma: 18-9

Keywords for the 18: *Finality and solution, clear choice to follow Spirit or not, indecision over this in karma*

Keywords for the 9: *Flowing steely, invincible power of dragon/serpent energy, resistance to this in karma*

Maxine was a procrastinator (18) when it came to finishing off her school projects and longer homework assignments. This was because she was subconsciously scared of making the wrong decisions. She would have a tendency to over-research a topic to gather as much data as possible in order to make the right decision. What would usually happen was that she would look back at all her past decisions and regret the choices she had made. Part of her (9) did not trust her first inner gut feeling as to what was the right thing to do next. This came from a resistance within her to coming into her power. The deeper program that is running here is that she feels unworthy of making a choice to follow Spirit or not, which is the core of the 18 energy. She needs to learn to let go of the great fear and resistance deep within her being of the 9 and unleash her power on the world. Once she starts to do this, she will feel safe and have enough courage to make the choice to stand in her power and make the hard decision to follow her Spirit.

The way her parents can manage this is to encourage her to trust her inner feeling and to just act upon it. She needs to know that in the past she made the best possible decisions she

could in the moment and not to look back at these, but to be emotionally present and look forward; that way, she can make the next best possible decision. With her projects, she would find that at about 80% of the way through, the procrastination would come in and she could not finish them. She needed a lot of encouragement from her parents to break through this particular blockage.

Part of the solution came in the form of a couple of instances of bullying at school, where some older girls picked on Maxine. This pushed her over the limit in terms of the resistance to holding back her power. Something inside her broke through, and she physically lashed out at them in both cases. After that, no one bothered her again. However, her parents realized that she needed to learn to use this new-found power properly and suggested she try the karate club at school. This gave Maxine a good structure for and lots of confidence in learning how to use her power properly.

Spiritual Talents: 9-9

Keywords: *Power, catalyst, excellent channel, great strength and belief in self*

The 9-9s in this position are powerful and catalytic, pushing everyone's buttons in the family. Maxine is the strong one, and was quite a handful to manage as a child as she learnt to stand in her power. Her parents have to be careful not to disempower her, but to also maintain clear boundaries and maintain her consciousness. This can be seen as the spark of God you see in a baby's eyes because it is still connected to Spirit and has not yet shut down emotionally in the Earthly reality. Her parents need to keep her connected to her Spirit at least to the age of seven years, so there is a good chance she would stay conscious for the rest of her life. This would result in her having a completely different life compared to if she went unconscious like many of her friends at school. This is undertaken by them being as conscious as possible of their actions and how they impact on Maxine. They need to avoid rearranging around her program of disempowerment and inadvertently abusing her.

Maxine possesses great strength and belief in her self. She began to realize that she could pretty much do anything she liked as she had the power within her to make it so. This power can be tough on the physical body, though, often pushing it beyond its limits. This, combined with the physical and emotional imbalance of the physical karmic 12-3s, was a challenging combination in terms of staying in balance and looking after herself.

Her intuition and expression of power was naturally very good in this aspect, so this energy flowed into the spiritual karmic 18-9 energies enabling her to overcome the lack of trust in her spiritual channel/intuition and break through the disempowerment programming.

Fulcrum energies of the 9-9s:

Into the spiritual karmic 18-9s: The positive energies of these talent 9-9s are perfectly matched for transmuting the negative expression of the spiritual karmic 18-9s as a positive 9 overcomes a negative 9 expression. 9-9s in Physical or Spiritual Talents rapidly burn through whatever the associated karmic and goal aspect numbers are. The same burn-through effect applies to the Spiritual Goal 7-7s as well.

Spiritual Goals: 7-7

Keywords: *Work with and heal heart, unifying the inner hidden self and the outer public self, action.*

Maxine always had two sides to her, the hidden part of her that she did not want people to find out about and the public façade she presented to the world to protect this hidden part. This creates indecisiveness within her as her primary spiritual goal was to decide which side of herself to present to the world. Her deepest subconscious fear was that she was a terrible person inside and that if people found that out, they would reject her. This was imprinted within her when she was a baby when her mother was not able to give her enough of the love she needed.

The result was a closure of the heart. She became somewhat of an actress, playing mind games so people would not find out

who she really was. This caused her parents a lot of confusion and disorientation at times.

Her parents need to create a safe space for Maxine in order for her to come out of hiding and begin to show her true self to the world. They need to encourage her to express more of her true feelings and thoughts and to learn that, as she does this, those around her will be given permission to do the same. Her heart will then begin to heal and open once again.

Soul Destiny: 7-7

Keywords: *Heart opening, unification in self and others, networking*

This is to open her heart and express her authentic feelings and thoughts to the world. This truth would trigger others to do the same, enabling her to network and unify like-minded people together, thus creating a greater whole out of the whole of the individual parts. This was already happening at school as she had a big group of friends she hung out with.

Case study 5: Jeri Michelle Taylor

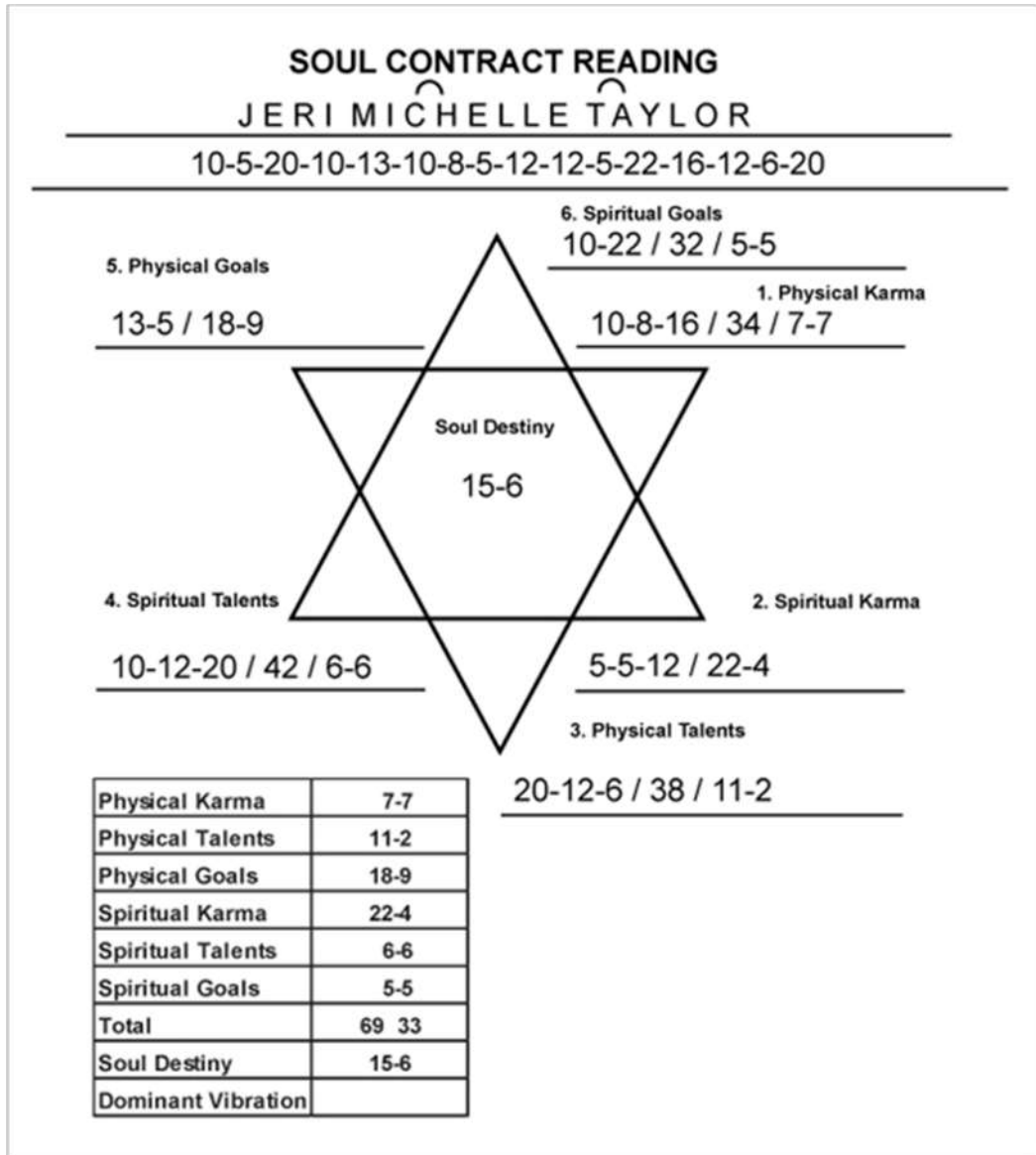


Figure 20: Chart for Jeri Michelle Taylor

Physical Karma: 7-7

Keywords for the 7-7: *Work with and heal heart.*

Jeri is Stephanie Margaret Megan Taylor's younger sister. She had a lot of indecision over who she was, an actress, dancer, singer and performer in the outer world, which was like a façade protecting the inner part of her. She was heartbroken as a child from the neglect and inability of her mother Naomi Jemma Kelliher to share love unconditionally with her and her sister Stephanie Margaret Megan Taylor. For some reason, her mother would not love her, so her ego felt she must have been bad to have caused this. As a result, she never felt safe to show her true self out of fear of being rejected by people who might see her as this bad person. This led to her being a subtle controller of people, playing mind games with them so that they would not see the vulnerable, wounded inner child, her true self. It was like Jeri wore a mask which only those very close to her could see behind to find her authentic self. The mind games were so intense at times, to throw people off the scent of who she truly was, that they really confused people as to what was going on. Another effect of the indecision over whether to show her true self or not was a general indecision in life when there was a choice of what she should do. Even simple things like what to buy given a choice of different clothes could be a real challenge.

A major effect of these indecisive energies was that Jeri lived in dreamland, where she could not tell what was real and what was not. This got her into lots of trouble in relationships, both in love ones and in general. There was a filter over who the person really was, and Jeri's initial perception of them was not who they truly were. Then having engaged in the relationship for a while, she would suddenly wake up one day and realize that this was not the truth of what was going on and that the perceived foundation of the relationship was not there at all. This led her to leaving many boyfriends. In relationships, the key for Jeri is to keep asking the question 'Is this real?' and to look for solid evidence to answer that question.

The other thing Jeri needed to do is to gradually drop the façade she had put on her whole life to hide and protect her vulnerable

inner child. She needed to start to express her true feelings and thoughts, to be as authentic as possible. As she moved higher up the scale of consciousness into more truth, her heart began to open. When someone walks into a room and tells the absolute truth, everyone goes quiet as there is nothing more to say when truth is shared like this. On the other hand, if someone does not tell the truth, then everyone is on to them because they instinctively feel the lower consciousness frequency of a lie. As Jeri progressively shared more of her truth in her daily life in her performances, this created a safety bubble of higher consciousness energy around her which triggered everyone else to come into and express their truth. Her ego learnt that it was completely safe to express truth; in fact, the more that her ego did it, the bigger the bubble of safety around Jeri got. A paradox, the exact opposite of what it feared: that it would be seen as bad and be rejected.

As Jeri's heart progressively opened and she healed the wounds of childhood, it started to emanate the magnetics of the soul. These attracted to Jeri like-minded people, situations and opportunities for her to network with, to synergize into a greater whole in what she could achieve in the world. It allowed her soul to move more rapidly into the manifestation of its Soul Destiny. As her heart opened, Jeri's decision making got better, because she began to feel what was right to do next. She achieved this by trying on the different options for a different situation in her heart visually, as she was an artist and also at a deep feeling level. When her heart expanded and she felt positive emotions like joy and love, it was her soul communicating the Spiritual Signature to her through these bodily sensations. When she acted upon the most aligned action with Spirit she could take, it always worked out well. If she tried on something that was not in alignment with Spirit, then her heart closed down and she went into a dark place at a feeling level. Often grief or sadness would well up within her. This was her soul telling her that this potential action was not in alignment with Spirit and that if she undertook it, things would not work out well. The Spiritual Signature is not a logical, leftbrained, linear process. Spirit moves in curves, never in straight lines, so Jeri could never quite tell what was going to happen next. She just knew from long experience that the more she went with the right expansive feeling in her heart, the more

love would flow and open up for her. She learnt never to force things, just to allow the Universe to actually love through her as she and the Universe are ultimately One.

Physical Talents: 11-2

Keywords for the 11: *Discerning out of all the ideas and concepts coming to her what was her truth and building her own unique structure of truth from this in terms of her artistic expression*

Keywords for the 2: *Emotional resiliency to cope with shock and change; to be objective and make wise decisions*

Jeri was always seeking to build her structure of artistic expression, learning new and improved ways of expression. She would take lots of different ideas and styles of expression on board and spend some time being with them to sense if they were true for her. This is the symbolic Height of the 2 bringing objectivity and wisdom to a situation. This is in order to make the right choice in terms of what to assimilate and integrate into her structure of knowledge and what to discard. She always found that if she resisted the impulsive urge of the Foolish component of the Foolishness to Wisdom polarity of the 2, things worked out well for her.

Another part of the expression of the 11-2 was that she enjoyed building her artistic career from small beginnings, where she learnt ballet and dance as a child. Then she moved on to include singing as a teenager. At high school she was always getting the lead roles in the school plays as she kept wanting to show her real self to the world, and this was a great platform from which to do this. Because she was an excellent visual artist (Spiritual Talent 6-6s) as well, she ended up studying graphic design as she realized that she had to make a living somehow and it might as well be with something she had a passion for. A lot of her friends went off, did university degrees and followed the conventional norms of society and the imprinting from their parents on what was a respectable and secure life career to pursue. A part of Jeri resisted this (the pioneering Spiritual Goal 5-5s) and just wanted to get out into the world and perform from a place of total truth of who she really was.

Once she had established herself in her freelance graphic design career in her 20s, she auditioned for the Cats musical, as performing was her real passion. She was offered a place in their training school to get her ready to perform in the show itself. This took about six months of hard work, but in the end Jeri was on stage doing what she loved, performing through singing and dancing, showing her true self through the physical karmic 7-7s. She had managed to build her career organically over time (Physical Talent 11-2s) to the point where she was performing in some of the top musical shows around. This process started off slowly, then began to build exponentially. The resiliency of the 2s enabled her to cope with all the changes that occurred in this process, especially when her career took off.

Fulcrum energies of the 11-2s:

Into the physical karmic 7-7s: Objectivity and wisdom of the symbolic height of the 2 allows Jeri to overcome the lack of objectivity of the physical karmic 7-7s where she could not see the truth of what was really going on in her life.

Into the physical goal 18-9s: The same applies to the dilemma of the physical goal 18-9s, where the 18 is trying to make the decision over whether to follow Spirit or not.

Physical Goals: 18-9

Keywords for the 18: *Choosing to follow Spirit*

Keywords for the 9: *Power and the resistance to coming into it*

Jeri has to make a decision (18) on whether to follow Spirit or not. This requires surrendering to the power (9) of her soul and overcoming the resistance to the full expression of her gifts and talents in the world. It requires bringing into consciousness the Dark Shadow archetype within the ego, which in past lives has abused power, and transmuting this energy into the positive expression of the 9 dragon energies of great power. This is why she is unconsciously scared to let her power loose in this lifetime, just in case she destroys herself, someone else or humanity. This is a powerful program; it is the core master

program of her entire ego structure, locking into place all her other programs. If she can work through this one, then the rest of her programs will unravel much more easily, and her spiritual mission and Life Purpose will truly happen.

However, this is not as intense as if it were in a karmic position. It manifested a lot when Jeri was younger in feeling that she did not have enough power (9) to make the final decisions (18) when working on artistic projects in order to complete them. She often ended up procrastinating, wanting someone else to finish them as she could not break through the blockage to the expression of the power of her creativity in her 9s. This would have enabled her to make the right decision (18) to follow Spirit in her artistic expression. Sometimes she would overwork her paintings in the struggle to get them just right. Often she would look back on some of her artistic decisions and would regret the choice she had made. There was the feeling that she could have finished a painting or an illustration in a different way, performed a role slightly differently. The main learning for Jeri here was that she had made the best possible decisions in life at each moment and to not look back in retrospect and regret what she had already done.

For Jeri, the key to working through the 18-9s is to receive healing for the lack of trust in the flow of the power of her Spirit with the 9s and any form of abuse and trauma which they have manifested in this lifetime. Once this is done, she will be able to surrender to the flow of creativity and power coming from them.

The 18s require healing for the unworthiness and past-life issues which drive this configuration. Once the 9s are unleashed, it will become much easier for Jeri to make the decision to follow Spirit which is the question the 18s are always asking of her.

Spiritual Karma: 22-4

Keywords for the 22: *Completion, Source; full reconnection to this*

Keywords for the 4: *Trust in the flow of God's abundance and love and to be worthy of receiving it*

For Jeri, that karmic 22 was very much about learning how to use her voice properly, to express the Source/God and to share this energy in the world. She had a bad birth experience, where she got stuck and had to be pulled out by forceps delivery, which traumatized both her and her mother Naomi Jemma Kelliher. This set in place an enormous distortion in her ego, an archetype of feeling completely disconnected from God, even though she was aware that she came from the Source/God. It got to such an extreme place that in her mind, at times, God actually did not exist at all. This created enormous stress and emotional pain at a human level. Her body was always tense as it unconsciously felt that it was here on Earth all by itself, completely cut off from its Source. This distortion led to the misuse of the power of her voice when she was younger, as the 22-4 is about being able to speak the Word of God from the Source. The effect of the karmic 22-4 was that people felt like Jeri's voice was trying to dominate them when she was a teenager, and they found it hard to break away from the grip of this.

This all changed when she met and married Mark Anthony Rubin, in her early 20s, and took his surname to become Jeri Michelle Rubin. This will be expanded upon in a future book on name overlays and relationships. In essence, this infusion of overlay energies from the name change into her birth name empowered Jeri to burn through the karmic 22 and fully reconnect back to God. As she started to do this, her voice changed dramatically, and she did start to speak from the Source. This had a profound effect on all those who came into contact with her and was the beginning of her Spiritual awakening, her journey to fully reconnect to the Source in consciousness. Jeri threw herself into any spiritual therapy, practice or workshop that would help her rebuild her connection to the Source. She sought out therapies like Lightbody Integration (Appendix E: 2) and Divine Healing (Appendix E: 1) to remove and transform the structures, energies, programs and beings that created the illusion of her being disconnected from the Source.

She also undertook extensive body work, including deeptissue massage, advanced cranial sacral therapy and Rolfing to release the physical rigidity in her body created by the emotional

separation programs (Ref 23) of the 22-4. As she started to reconnect to the Source, Jeri's ego misinterpreted the Christ Conscious energies that were coming through at times and felt that it was the 'messiah' returned. She was actually becoming more of a channel for these Unity Consciousness energies and needed to learn to get her ego out of the way and not fall into the temptation to misuse these energies as had happened in previous lifetimes.

The karmic 4 meant that Jeri initially had no trust in the flow of God in her life. She did not believe that the good things in life would come to her as, subconsciously, she had poor self-esteem and felt unworthy to receive the flow of the Universe, therefore pushing it away. Jeri's soul was exploring the energies of being Barren to Fruitful. This created a feeling that there was never enough of anything in life, like love, money and abundance. As a child, this led her to being quite selfish as she held on to everything she had, in case no more came. All of this manifested a lot of financial hardship.

The key to working through this was the reconnection to God that was occurring as she worked through her karmic 22s. As she started to feel the flow of higher consciousness coming to her, Jeri progressively started to feel more trust in the flow of abundance. She learnt that the more she expanded upon and shared the ideas, money, abundance and love that was coming increasingly to her with others, the more the flow would come to her. Soon she learnt to unconditionally accept all things that came to her as her self-esteem and worthiness to receive improved. Jeri started spending more time sharing her time and energy with people in her artistic/performing community and learnt that it was safe and even very satisfying to do so. Once she got the flow of abundance going, Jeri started to take actions based upon what felt deeply right in her heart (physical karmic 7-7s). As she began trusting in the flow of God and took risks on new artistic ventures without any guarantee of it turning out right, God stepped in every time and supported her, often at the very last minute, when it felt like God was not there at all. She did this with progressively greater challenges, and as the trust built, she got to a point where she was just waiting for God to turn up for her and it always did. This caused her to relax into the flow and life became one of flowing with the Spiritual

Signature, with the deep inner knowing that all would come to pass.

Spiritual Talents: 6-6

Keywords for the 6: Creativity

Because she was a natural visual artist, overflowing with creativity in many areas of her life, Jeri ended up studying graphic design. She had the ability to take the spark of an idea that resonated as being very true to her at a deep level of her being and could expand it into a physical reality, be it a painting, a piece of sculpture (Physical Talent 11-2), a new form of dance movement or a certain way of playing a part as an actress. She could see all the steps in the creative process that were necessary to convert this spark of an idea into a finished piece or a performance. Once this was done, she could plunge ahead with all her energies and make it happen. This is typical of the symbolic convertible knot of the 6-6s. Jeri was all about sending a spark of Light, of Truth out into the Universe, illuminating, energizing and expanding many different ideas and energies.

Fulcrum energies of the 6-6s:

Into the spiritual karmic 22-4s: This provides some grounding from the Taurean nature of the 6-6s so that Jeri can feel her way through the pain of disconnection from the Source.

Into the spiritual goal 5-5s: The grounding of the 6-6s is great for the etheric, floaty, pioneering 5-5s. It makes them more accessible to the world and brings focus to their manifestation.

Spiritual Goals: 5-5

Keywords for the 5: *Pioneer, expressing spiritual truth with her artistic work*

Jeri was a real pioneer with her artistic expression. This is the Aries characteristics of the 5-5s. She always liked to work right on the cutting edge in terms of developing new forms of artistic expression of spiritual truths. This served her well, for it drew

the attention of a niche group of people who wanted to be stretched in their life into new realms of experience and consciousness. Because this is in a goal position, Jeri had to learn to express her truth no matter what anyone else said and to overcome any subconscious ego fear that may have been running that she might get persecuted for doing this. In addition to acting, singing and creating pieces of visual art, Jeri became immersed in teaching groups of people (physical karmic 7-7s). She shared (spiritual karmic 4s) her experience of her artistic (Spiritual Talent 6-6s) development in her teaching of others to become visual artists and performers. This was through opening up her students to the flow of their spirit from within, thus helping them to consciously connect with this spiritual creativity and express it out in the world as authentically as possible.

Soul Destiny: 15-6

Keywords for the 15: *Feeling God within*

Keywords for the 6: *Creativity*

The 15 in this position means that Jeri was meant to try on many different forms of artistic expression, to learn the lessons that they each offered and to overcome the associated obstacles until she found the one that felt right to her. She needed to find through direct experience what gave her the strongest feeling of connection to the God within.

Case study 6: Mark Anthony Rubin

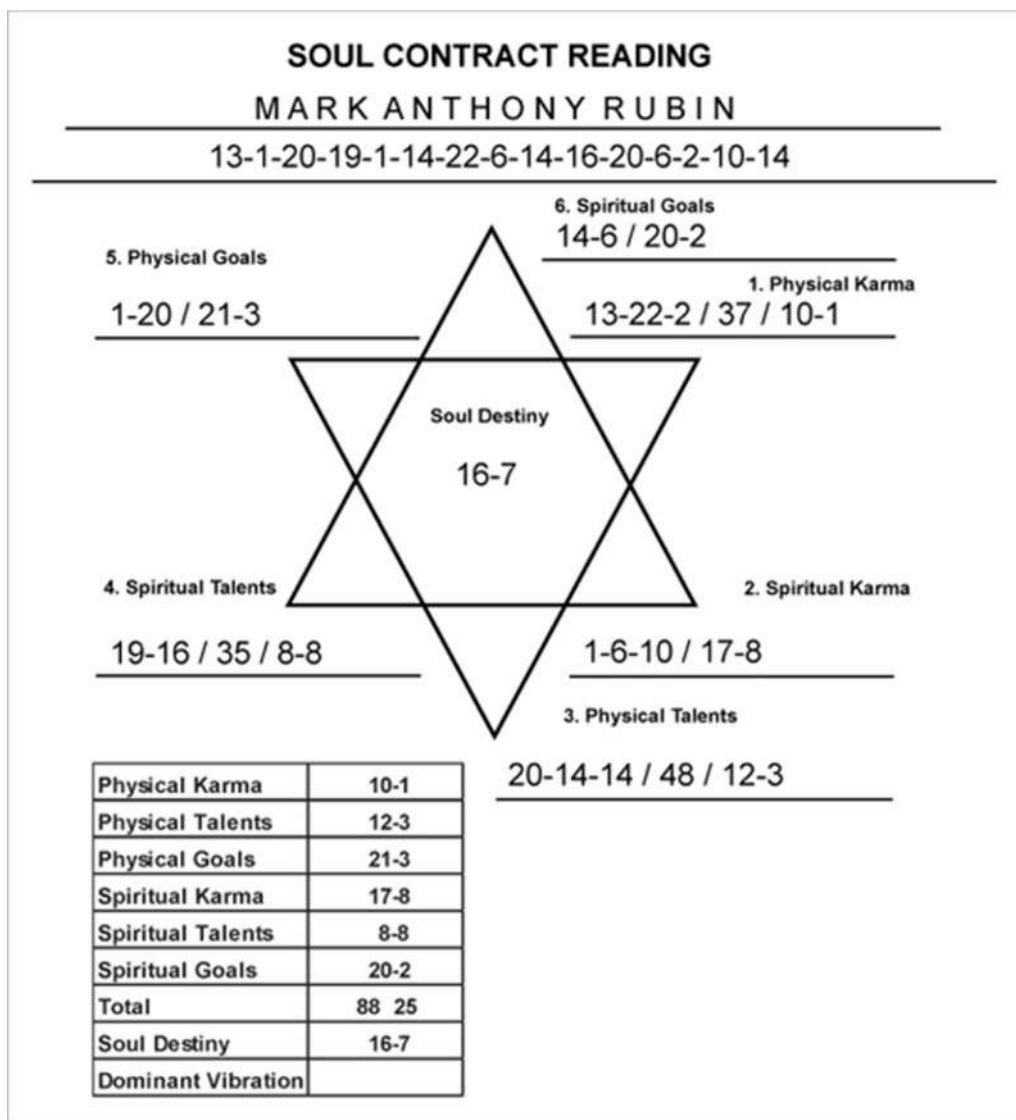


Figure 21: Chart for Mark Anthony Rubin

Physical Karma: 10-1

Keywords for the 10: *Manifestation of God/Spirit onto the physical*

Keywords for the 1: *Unity, power and stability; dissemination of knowledge and healing*

Mark Anthony Rubin was Jeri Michelle Taylor's husband. Mark always felt different from most people as far back as he can remember. As a child, he would wander outside the family's home, out in the country by a wood, look up into the clear night sky, gazing in awe at all the stars and wonder where home really was. Earth certainly didn't feel like it. These people who called themselves his family were certainly not. He felt adopted by them in some great cosmic accident. They were a lot less conscious with little in common with him, dysfunctional, never telling the truth, numbed out and had addictive personalities. He just could not relate to them. He felt very alone and quite different and wanted to get away from them to find his real family. Somewhere out in the cosmos were those he was truly compatible with, beings he could really open his heart to, connect with and love.

Mark had to work hard to shield himself from the emotional toxicity of his family. He found it disempowering, especially the abuse he received from his father, who had strict beliefs about life that strongly imprinted Mark. This created the rigidity of beliefs of the spiritual goal 20-2s. The 10-1s in this aspect created a real denial of God and spirituality. This was caused by a past life denial of God and the misuse or lack of use of his soul's spiritual gifts.

Mark vacillated between 'Shall I stay on my spiritual path or not?' He always felt that something was wrong with him. Unconsciously, he did not feel perfect enough to be loved by God. This resulted in insecurity and self-judgement and the projection of this onto other people, in the form of criticizing them for not being perfect or claiming that situations in life were not fair. However, the more he reconnected to his spiritual essence through practices such as meditation and consciousness expanding tools like Lightbody Integration (Appendix E: 2), the more inner peace he found. Mark realized that he was perfect exactly as he was and started to let go of all the self-judgement. He started to accept the God within, his inherent spirituality. This also allowed him to accept others exactly as they are and to move to a place of compassion for them.

This negative context was created so that Mark could work hard to learn to take responsibility for the proper use of his spiritual growth and power. As he healed his childhood abuse and claimed back his power, he would be presented with temptations to misuse it. Mark had an affinity for martial arts in the form of karate. Learning to discipline and channel his physical and energetic power properly was very healing. As he accessed this integrated, unified spiritual power (1), Mark was able to start disseminating healing and knowledge to people. Another temptation occurred with the karmic greed and avarice programming of the 1. The lesson here was to step into his integrity around money.

Mark is what we call a Service Soul, Star Seed or Lightworker (Ref 24). These are souls who come from elsewhere in the Universe, sent to Earth by God to seed higher consciousness into the lower consciousness of the population of an awakening planetary civilization. They make up about 2% of Earth's population. This is to help the indigenous population to remember they are spiritual beings having an embodied human experience.

Before he can get his mission fully online, he needs to ground into the Earth emotional experience to understand how life works for the majority of people on Earth so that he can relate to them (spiritual karmic 8-8s). Once this occurs and he has cleared enough of his own karmic patterns, he has reached the point of soul integration. This is where the ego has surrendered sufficiently to allow his soul to deliver the spiritual mission of service of his 10-1s. This occurs a lot more rapidly for Lightworkers as they have been through this experience of helping awaken a planetary consciousness many times before.

Because Mark had come from a place of total Truth in the higher dimensions, he always wanted to tell the truth as a child. This got him into a lot of trouble as no one else around him was in their truth. He always felt they were lying and acting without integrity and could not understand why they did this. He tried to lower his frequency to relate to them, even tried to behave like them, but sacrificing his energies like this did not work. He realized that it was more important to maintain his normal, higher level of consciousness and to just

‘visit’ society in order to raise the consciousness of those around him. This made it hard to find his niche in society. It created the feeling that he had to do it all by himself. Deep inside his being there was a strong sense that he had come to Earth to do something special. He spent a lot of time and energy trying to find out what that was. This was the soul gently directing him to manifest his Soul Destiny. Once he started to accept his life exactly the way it was, he could release the stress of trying to fit in and be himself.

Physical Talents: 12-3

Keywords for the 12: *Absorption and expansion of knowledge*

Keywords for the 3: *Teacher, leader, taking the initiative, worthiness*

Mark was a bookworm from a very young age. Before he even started school, his thirst for knowledge was so great that he pestered his mother to teach him how to read. This developed into a life-long passion for good literature and most especially for spiritual books. For he was always trying to absorb and expand his knowledge base (12). Often he would have five to six books on the go at any one time. As his spiritual knowledge base grew, Mark felt the strong need to expand upon it and communicate (3) it with those around him.

He became a school teacher (3) as a result. But he was no ordinary school teacher. He very much wanted to incorporate a lot of the spiritual concepts that had become dear to his heart into the curriculum for his students. He worked in conventional state schools, but found that they were structured around what he considered to be relatively unconscious learning processes where the children had to learn conventional knowledge in a limited, structured way, and how to pass tests and exams.

He was more interested in teaching his students how to think properly, to question the assumptions they had been given about the world. What was most important to him was that the spiritual potential of each child be nurtured and their unique contribution for the betterment of humanity’s conscious growth be unleashed upon the world.

Mark was able to share a lot of love with those around him (12) and always saw the best in people, especially his students. They rearranged around this positive picture of reality he carried about people and gave him their very best.

Mark had noticed that many of his students were highly conscious Star Children (Indigo, Crystal and Rainbow Children). These are souls who have come to Earth to transform human consciousness through the infusion of their higher consciousness and love (Ref 25). However, many of their parents were not as conscious and did not recognize that they had extraordinary children who needed to be raised in a different way compared to conventional norms. Mark made it his mission in life to take the idea of finding a way to transform the system in a way that would support these children to fully manifest their gifts and talents into the world. This was all about using the capacity he had to bring this concept that originated from deep within him into reality and communicate it to the world (3).

Fulcrum energies of the 12-3s:

Into the physical karmic 10-1s: Infusing the love of the 12 into the 10-1 which feels disconnected from God/Spirit. The 3 infuses communication and teaching energies into the 1 so it can disseminate knowledge better.

Into the physical goal 21-3s: Infusing worthiness to communicate and be loved into the 3; there is expansion into the body of knowledge that can be expressed with the 3.

Physical Goals: 21-3

Keywords for the 21: *Building great strength to endure and overcome big challenges in life*

Keywords for the 3: *Coming into being worthy of communication of the depth of knowledge and wisdom of his soul; teaching and leadership*

As Mark worked through the unworthiness of the 3, his leadership skills and worthiness to express and be seen started

to come online. He just felt inside him what was the next right thing to do in a given situation and took the initiative by putting it into action. These leadership qualities resulted in him being appointed as headteacher at the school he worked at. This gave him the great opportunity to start to change things to better meet the needs of the many Star Children in his school.

The challenge he had to endure and overcome (21) was to educate those in authority, the Board of Governors, the Department of Education and, most importantly, the parents that these children had special needs and that the school needed to acknowledge these and change its style of learning to meet these needs. It took several years of hard work to get all those involved educated enough to buy into the idea of trying out a pilot scheme that Mark had devised for the Star Children. More alternatively trained and orientated teachers were brought in to run this pilot scheme.

The Star Children, who were not being stimulated by the conventional way of teaching, started to come alive in the new teaching environment that focused on their natural drive and timing to learn in specific areas. The results were very good, and the rest of the school community became convinced that this was a great idea. This was so successful that it started to receive additional government funding as it was recognized that the school was getting excellent results with its students.

Many of the other teachers who were teaching in the conventional way requested to be retrained in this child-centred rather than curriculum-centred way of education so that they could participate in this more enlightened form of education. It was a relief for them as well not to have to stick to the rigid and demanding structures of the old system and to be able to flow much more with their students' learning needs.

Spiritual Karma: 17-8

Keywords for the 17: *Emotional suppression of expression, Slavery to Dominion*

Keywords for the 8: *Grounding, feeling emotions, forming clear emotional boundaries, connecting to people*

Mark felt emotionally suppressed by the unconscious behaviour of his parents, especially from his father's abuse. He was pushed into the background as a child due to his parent's sense that he was so different from them. He felt like a slave (17) within the family, having to do as he was told and having no say in things, as his parents just would not listen to him. This was emotionally disturbing, creating a fear of being unworthy to speak and a belief that no one wants to listen. He put up a lot of emotional armouring to protect himself.

Learning to ground into his body, setting clear emotional boundaries with others so as not to get overinvolved in their issues (8) was the other big challenge. Mark was reluctant to ground so he could relate to people and society in general because his soul did not come to Earth very often. Exploring the rich, intense emotional soup of the Earth plane was quite a shock for him as initially he did not understand how the range of human emotions worked. He tried to work it all out in his head, rather than engaging with each emotional connection with another in the 'now' moment and just feeling in his body how to respond. As soon as he was able to, he left home to escape the slavery of his dysfunctional family to go to university to study English.

Mark created this negative context of an intensely emotionally suppressive experience so he could experience what life was like for the majority of people on Earth. This common experience would enable him to make the spiritual concepts of alternative education accessible in a real human way to the mainstream school system (Soul Destiny 16-7). One of the most effective ones to heal his emotional suppression was seeing a counsellor who would listen to him talk his way through the emotional trauma that he had been through, without having to say as much as normal on her part.

This led him to dropping the layers of emotional armouring and coming into his body. He moved out of his head in terms of thinking about what emotions he was feeling and started to open his heart and feel them directly in the present moment. He began to determine what were his emotions and what were others so he could form a clear emotional boundary between them and himself. He learnt how to reach out to them with the

symbolic right hand of the 8, but not getting overinvolved in their issues. Consciously socializing and making commitments with people is a key part of overcoming a karmic 8. The karate practice he had taken up with the physical karmic 10-1s meant he had a nice physical grounding process to work with. Yoga, being a slow-moving meditative practice, was another activity Mark used to increase body awareness.

Spiritual Talents: 8-8

Keywords for the 8: *Grounded, clear emotional boundaries and connecting with others*

Mark was a high-frequency soul coming down to the Earthly reality with the ability to relate to the emotional heaviness of the place in this aspect. This requires a lot of work as he needs to bridge the difference in consciousness between himself and others and to be able to relate to them properly. His judgement on spiritual matters was particularly good due to the clairvoyance of the 8, which enabled him to see the future. It was not so good in physical world matters, and this would take more practice. There are the feminine qualities of nurturing, relating, supporting and intuitive feeling which were helpful in working in a school environment that was being transformed to have a more spiritual orientation.

Mark is here to use his 8-8 energy to serve people in society. It relates to the energy ability to be compatible with other people. He is like a chameleon that changes colour to blend into their environment. This was good for emotionally relating to all the different levels of consciousness of the parents and staff at his school.

Fulcrum energies of the 8-8s:

Into the spiritual karmic 17-8s: Perfect for grounding them and starting to come back into feeling for the first time after all the emotional suppression and numbing out of childhood.

Into the spiritual goal 20-2s: Helps him bring feeling awareness to the inner conflict of the 20 so he can start to transmute it;

grounds him as he starts to explore new areas of his spirituality.

Spiritual Goals: 20-2

Keywords for the 20: *Overcoming rigid belief systems, coming to peace, spiritual exploration of many different spiritual belief systems*

Keywords for the 2: *Learning emotional resiliency, how to support others and moving from Foolishness to Wisdom*

Mark's father had rigid religious beliefs which he imposed on the family as to the way life was. Because he was sensitive (2) to energies, Mark got heavily imprinted by these beliefs as a child and took them to be gospel. As he grew older and started to see the truth of life more objectively (2), he began to question all of them. The 20 is about great movement, so Mark explored all sorts of spiritual ideas, movements, workshops, books and disciplines to discover his true self, his authentic core beliefs.

There was a lot of War and Peace (20) within Mark from all the conflict in the family. He was at emotional war with his father for his entire childhood. Whenever he tried to make peace with the old man as an adult, it was like pouring petrol on a fire. In the end, he reluctantly made the decision to walk away from him in order to find peace.

The 2 gave him the emotional resiliency to cope with the extreme range of spiritual exploration he was engaged with. The Wisdom and Foolishness energy of it meant he tried some things based upon emotional impulse and found that they always led him into foolish decisions. As he understood this dynamic, he learnt to wait and observe what was going on as he explored potential new areas of spiritual development. When he observed the same truth about something for more than several days, he knew that pursuing this direction would be a wise decision. This exploration of spirituality on the Earth plane was part of his training and preparation to bring him fully online as a service soul – as a teacher who was bringing spiritual concepts into the mainstream school system.

Mark needed direct, feeling, emotional experience to do this. It could not just be a head thing, he had to absorb these new learnings at a bodily DNA level (Spiritual Talent 8-8s) in order to really get them, so he became the embodiment of the work. It was not only a set of ideas he had learnt and remembered. People would come to him to learn based upon who he had become; there was a transmission they were unconsciously seeking from him, and this was more important than what he actually knew or said.

Soul Destiny: 16-7

Keywords for the 16: *Bringing spiritual energies down to the Earth plane and making them accessible to people in a real human way*

Keywords for the 7: *Opening the heart to show his true self, the link which united like-minded people together to create a greater whole, catalysing them into action*

For Mark, this was all about making advanced spiritual concepts that were at the heart of his being, accessible in a real plain English, down-to-earth way. This was perfect in the conventional school environment he found himself in. It enabled him to relate to all involved with the school in a way that created an easier buy-in to his alternative education pilot scheme. He drew all these people together by taking a big risk and opening his heart and expressing his true feelings, thoughts and passion for enhancing the children's education with a more spirituality-based approach. This resulted in him building a large support network for his project of like-minded people, including parents, existing teachers who were converting to the more alternative way of teaching and new alternative teachers who wanted to contribute to bringing this philosophy into the mainstream education system. Those who could not handle the upward shift in consciousness eventually left. He discovered that he was to hook up with a team of familiar souls for this great project. When he met them, he wondered where they had been as there was instant recognition. He felt that he had known them forever, which was actually the case at a soul level. Mark realized he no longer had to undertake this mission alone which was a huge relief. His

team was here to catalyse a revolution in human consciousness through education.

Case study 7: Naomi Jemma Kelliher

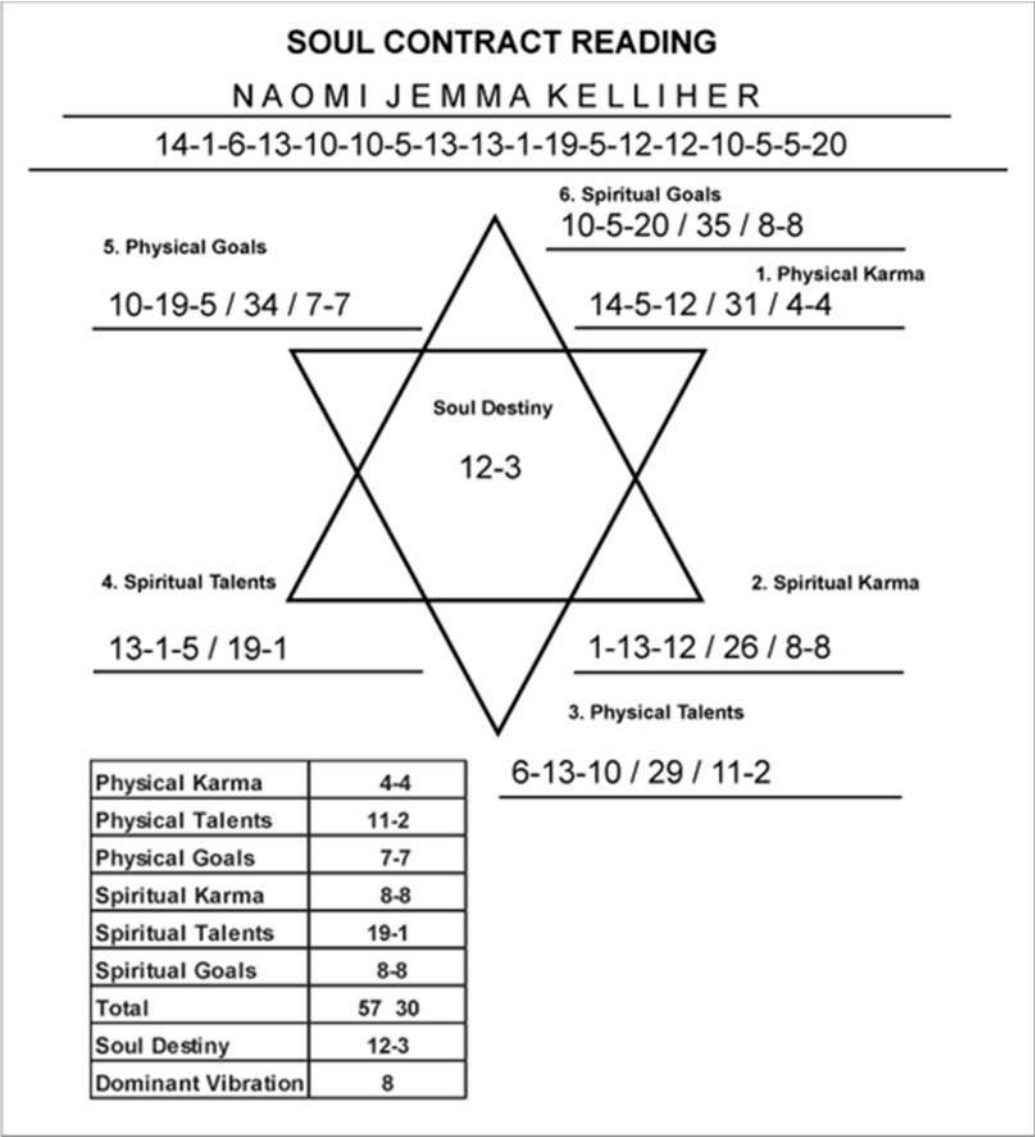


Figure 22: Chart for Naomi Jemma Kelliher

Physical Karma: 4-4

Keywords for the 4: *Trust*

This is Jeri Michelle Taylor and Stephanie Margaret Megan Taylor's mother. Naomi's biggest lesson in life was exploring the Double Letter polarity of Barren to Fruitful. The lessons of the karmic 4-4s for Naomi are all about learning to have total trust in the flow of abundance coming from God. When she was a child, she felt quite insecure about most things in life as she was born just after the end of World War II when there were shortages of everything and rationing of food. It created a big imprint with her that there would not be anything there for her and that she needed to hang on to whatever she perceived she had. This led her to becoming somewhat self-centred and absorbed. The 4-4s are all about duplication, so Naomi started to reproduce her selfishness, which often resulted in her pushing people away. Because of the reconstruction of the world economy after the war there was not a lot of money around initially. This affected her family considerably, so she received another imprint of lack from her environment. It led her to feel she was not worthy of receiving abundance. The soul was establishing a core program within the deep subconscious of her ego of being disconnected from God's love and abundance and making her believe that she must have done something bad to deserve being in this situation. This resulted in creating poor self-esteem.

She was brought up in an era when career options for women were a lot more limited than they are now. The women's movement had only just started when Naomi was in her 20s and had to decide upon a career. Her soul directed her into nursing. It was either that or becoming a teacher. After High School, she began her nursing training. The energies of the 4 meant that she had a strong desire to become someone who was special. She therefore had a lot of drive to be successful in her chosen career. Naomi did well at nursing school, passing most of her exams with distinction as she was smart and talented due to the Physical Talent 11-2s.

Naomi married John William Taylor when she was 25 years old, which was quite normal for her generation. Any older than that

and she would have been considered a wall flower, almost too old to get married as she would have been perceived as being left on the shelf. At this stage in her life, Naomi was getting herself established in her nursing career. In today's terms she would have been regarded as a high flyer as she was so driven.

However, a deeper, more important aspect of the karmic 4-4s activated on Naomi and John's honeymoon. Stephanie Margaret Megan Taylor was accidentally conceived. Naomi's life was about to be changed radically, almost overnight. The shock of the discovery that she was pregnant, especially for the hypersensitive 2 of her physical talent 11-2s, threw her off balance, for this threw a serious spanner in the works for her plans of a great nursing career. When Stephanie was born nine months later, Naomi felt her life had been completely taken away from her. Her career dreams were shattered, and she felt completely lost and at sea. The demands of a newborn were almost overwhelming for her, what with the lack of sleep and breastfeeding every two hours in the first few weeks. The self-centred side of the 4-4s was really pushed upon, and Naomi felt that there was no time or space for her at all and that she would never get her old life back. She was learning about trusting in the flow of nature, and children are the greatest expression of that energy.

Naomi's initial resentment at having Stephanie take over her life gradually turned into an increasing appreciation of the gift of love her daughter had brought her by turning up so early. As she started to learn to share herself unconditionally with her daughter, through sharing her time, energy and love, Naomi found a deep sense of satisfaction rising within her. It started to feel good to do this. When Stephanie looked at her mother, Naomi could see God staring back at her in the great depth of her eyes. It was this enormous clarity that children have because they are still connected to the higher dimensions from where they came from. The love that Naomi was learning to share with her daughter started to be actively reciprocated by Stephanie. This healed a deep wound within Naomi, who had always felt that there was never enough love coming to her from her parents, especially her mother.

When Stephanie hit specific ages equivalent to key events in Naomi's childhood, the unresolved issues and associated emotional pain in Naomi's life that occurred at these ages came into consciousness for her. Her daughter was giving her the gift of the opportunity to heal these issues, rather than have them continue to limit her in her expression in this lifetime. In the end, the raising of Stephanie and her sister Jeri Michelle Taylor, who arrived soon afterwards, was the greatest learning and gift that Naomi ever could have received in life. Her children moved her to a place of totally sharing her self unconditionally and trusting in the natural flow of God/the Universe to provide everything she would ever need. She learnt that when she had total faith in doing what felt right, despite the fact that there was no evidence to show her that it might work out all right, the Universe was always there to support her when she took such risks.

The other area that challenged Naomi with the 4-4s was in learning during school and her nursing training. She had a great lack of self-confidence and experienced difficulty assimilating things. As she developed her self-esteem through becoming a great mother to her children, it became easier to receive the flow of the Universe in the form of knowledge, ideas and abundance in general, especially money.

Physical Talents: 11-2

Keywords for the 11: *Assimilation, structure*

Keywords for the 2: *Resiliency, wisdom*

Naomi was very much into building her own structure of truth. At nursing school she did not take on everything they taught her as the final word on how to help people get better. She spent some time sitting with all the concepts, knowledge and ideas that were fed to her. This was so she could determine what was true for her. She would then discard what was not and proceeded to build her own structure of truth.

Once Naomi's daughters were sufficiently well established at school at the age of 7, Naomi went back to work as the 11-2s meant she was an intelligent woman and needed to hone this

capability in a work situation to reach her full potential. Her husband, John William Taylor, saw that it was essential for his partner to get back into society after so many years in the insular cave of child rearing. He encouraged her to get back into the work force. She ended up applying for a part-time job in a local medical clinic as a nurse. Not having worked in her chosen profession for so long, Naomi felt somewhat lost in going back, due to the 11, as she felt she had lost some of the structure on how to actually work as a nurse: things had moved on in the profession in the seven years since she had stopped working.

She was also now going to work in a private medical clinic with general practitioners rather than in a traditional big hospital. In addition, there were her issues of low self-esteem with the physical karmic 4-4s as to whether she would be up to doing the job and learning new systems and ways of doing things. There was a part of the unworthiness within the 3 of her Soul Destiny 12-3s that did not feel good enough to apply for the job and be paid a fair wage for it.

The other major challenge she faced was with the spiritual karmic and goal 8-8s which are about learning to ground and connect with society. She would be dealing with a wide range of people from all walks of life in the medical clinic. This was a complete shift away from raising two daughters in a protected home environment and doing the school run. It took her ten attempts to actually type out her letter of application for the job correctly because she was so nervous.

However, despite all these new structures of relating to the world and her job that she needed to put in place, Naomi managed to have a successful interview, got the job and resumed her career as a nurse. She found that she did have the emotional resilience of the 2 of the Physical Talent 11-2 to cope with all the changes and new structures (11) she had to put in place to get out into the world of work again. In this medical practice, the doctors saw the more complex cases, and the nurses looked after the routine ones. This gave Naomi the opportunity to build a new body of knowledge and experience as she learnt the latest medical procedures and drugs. She particularly enjoyed working with children as this had been one

of the biggest challenges within her physical karmic 4-4s with her own children. A lot of her daily practice involved working with pregnant women, preparing them as best as possible for childbirth. Because she was so highly intelligent and was able to bring all the new concepts into reality in her nursing practice, Naomi became head nurse at the clinic after only four years. She then proceeded to build up the strength and capabilities of the rest of the nursing staff by putting them through comprehensive ongoing external training courses to keep everyone abreast of the latest developments.

Naomi worked closely with one of the partners in the GP practice who also taught on the nursing program at the local university. As she showed great aptitude as head nurse in the development of the other nursing staff, he invited her to teach part-time the student nurses he was working with. Naomi was starting to come into her true passion in life which was teaching. This is the 3 of the Soul Destiny 12-3 wanting to bring inner concepts into reality. There are also the physical karmic 4-4s where she was learning to duplicate and share the knowledge and experience that came to her.

After several years back in a medical practice, Naomi began to question the overall effectiveness of conventional medical practice. She saw that the short 10-minute patient appointments were not really enough to fully understand and meet the real needs of her patients, and she began to search for another way to help them. Just prescribing drugs was not enough. She began to realize that it was the underlying emotional issues that people carried that really created the physical symptoms they were presenting when they came to the clinic. As a result, she began to undertake research into alternative/complimentary medicines and therapies to see what they had to offer in terms of helping her patients work through their emotional issues so they could get physically better.

Out of this research and development process, Naomi built a new structure of truth of combined complimentary and conventional medicine that was uniquely hers. This involved bringing in new complimentary health care professionals to work as an integrated team with existing medical doctors.

These included chiropractors, cranial sacral therapists, massage therapists, counsellors, healers, homoeopaths, Soul Contract readers, life coaches and Ayurvedic doctors, with the overall aim to create a fully integrated, physical, emotional and mental health care system that could diagnose the real cause of patients' symptoms. It could then apply the optimal combination of conventional/complimentary treatments to get these people back into balance and good health again.

Fulcrum energies of the 11-2s:

Into the physical karmic 4-4s: The ability to assimilate new structures helped Naomi overcome the inability to unconditionally receive the flow of new ideas, love and abundance of the Universe of the physical karmic 4-4s.

Into the physical goal 7-7s: The 2 gives her symbolic height, the objectivity to see the truth of situations about others and about herself. This would enable her to start to become one person – to merge the external façade of the 7 with the internal true nature of who she really was.

Physical Goals: 7-7

Keywords for the 7: *Working with and healing the heart*

This is all about Naomi becoming one person by merging the public and personal parts of herself. When she started teaching nursing students at the university, she put on a professional public façade. The lesson here was to learn to open her heart and express her real feelings and thoughts. When she did this, her students opened up to their deepest truth and made so much more progress in their work. The magnetics of the soul emanating from her progressively opening her heart built a network of key teachers and influential people in the healing and conventional medicine field. This started to break down the barriers to an integrated complimentary and conventional health care system. Its focus developed into the prevention, education and self-empowerment of the individual as well as the raising of the consciousness of people to the emotional issues that create disease in the first place. People in the network realized that an investment in the education of the

masses on how to look after themselves emotionally was a much more cost-effective way to go.

This was rather better than having to go around trying to sort out all the physical disease that results from people not having the consciousness and tools to deal with their emotional issues. It was the beginning of a major advance in emotional, mental and physical health care. Naomi was the primary facilitator of this network, more so than being its leader, holding it all together and expanding it out into the world. She eventually created a greater whole out of all its parts.

Spiritual Karma: 8-8

Keywords for the 8: *Grounding*

In this aspect, the 8-8s are very much about Naomi being aware of her spiritual essence and having a strong desire to return to the higher dimensions and not bother with human emotional society. This was very challenging for her as her soul continuously manifested things of a heavy human emotional nature for her to engage with – the very thing she resisted, especially as she also has a spiritual goal 8-8, making this even stronger. The soul wanted her to get out of her head and the mental body models of emotions that her ego had constructed and get into the truth of pure feeling within her physical body. This was quite a journey for Naomi to undertake. However, it was essential for grounding her spiritual energies so that people in society could relate to them. She was here on a mission to change the whole conventional health-care paradigm by incorporating higher-consciousness spiritual modalities and philosophies.

Initially, Naomi wanted to avoid people when she was younger, but her soul threw her into nursing which was all about people and finding the best way to connect and engage with them. This was the key to them getting better, Naomi realized, just having someone who was present and listened to their story. In addition to the patients, there were also the other nursing staff, doctors, relatives, a whole health system to have to engage with all the time in order to make things happen. This was in the hospital where she first started nursing and again in the clinic

where she resumed her career after having given birth to her children. The seven-year hiatus in raising Stephanie and Jeri was a relief to her as she could retreat into her home. This is important for someone with 8s, to ground and establish a firm foundation from which to move out into society. In the beginning, it was a good way of avoiding society as far as Naomi was concerned.

When Naomi started to emotionally engage with people, she felt trapped on the Earth plane and wished that they would go away and leave her alone. There was a lot of suppressed childhood trauma within her that had led her to emotionally freezing up in order to numb out the pain and to stop it from driving her crazy. She had formed a lot of mental body models of how she thought emotions should be. Therefore, it was a real shock to her system especially due the 2s of the physical talent 11-2s to see how intense, changeable and unpredictable real emotions were when she ran into the real thing.

The key for Naomi to work through these issues was to do her best to engage with these very real emotions and to learn to be present with them. The first response of her emotional body was to get ungrounded and leave her body to avoid the pain of the emotional intensity. Healing for what happened to her in childhood is needed as well as grounding exercises (Ref 26) such as slow-moving meditative practices like yoga and Tai Chi and spending lots of time in nature. Once she was able to engage with her feelings, Naomi's soul pushed her a bit harder and manifested her husband to be John William Taylor. The love between the two souls was so strong because of the many past lives of being together before being transferred at a personality level to a wonderful, all-powerful magnetic connection. John had a strong grounding effect on Naomi, which helped her overcome the desire to leave the Earth plane. This helped reduce much of Naomi's fear of committing emotionally, and she ended up marrying him. We will examine the deeper underlying dynamics of their relationship in a follow-up book on name overlays and relationships.

Spiritual Talents: 19-1

Keywords for the 19: *Spirit holding space*

Keywords for the 1: *Unity, power, stability*

For Naomi, we are getting into the real reason she came into existence on the Earth plane. It is all about creating and holding a space by bringing spiritual energies down to the Earth plane for others to enter and learn about and achieve their goals. This is her development of her philosophy of combining complimentary therapy and conventional medicine to best meet the needs of her patients. It is about letting go of the need to rigidly stick to one particular way of doing things and focusing on using whatever tools are available to bring people back into perfect health at all levels of their being physically, emotionally, mentally and spiritually.

Naomi gradually brought in complimentary therapists to the medical clinic and carefully managed their integration into the existing practice structure and culture. She used the magnetic open heartedness of her physical goal 7-7s, the symbolic link that unites, to network and connect everyone together and managed to synergize a greater whole of higher-quality, much more conscious health care as a result. She grounded the more spiritually orientated complimentary therapies and integrated them into physical manifestation in the physical space of the clinic. The 7-7s drew lots of like-minded and compatible people into this space. The patients who were attracted by this space were looking for a more integrated holistic approach to their healthcare. Overall, this is all about making a positive contribution to mankind.

Spiritual Goals: 8-8

Keywords for the 8: *Grounding*

Having worked through the challenges of grounding herself and reaching out to people with her spiritual karmic 8-8s, Naomi could now apply what she had learnt and use her spiritual energies to serve people in society. This is exactly what is happening as she uses her Spiritual Talent 19-1s to hold a space

for the synergizing of complimentary and conventional medicine. The 8-8s take this out into society to give people a greater choice in health care as they ground the 19-1s.

Soul Destiny: 12-3

Keywords for the 12: *Absorption, expansion, love*

Keywords for the 3: *Communication*

The whole point of Naomi's life was to become a master teacher, and as a result, she was always in a rush, in her drive to absorb, expand and share knowledge, cramming as much into life as possible due to the expansion energies of the 12. She felt there was never enough time. Eventually, she became a post-graduate supervisor for her nursing students at the university where she taught parttime, helping mould the young minds who would be in charge tomorrow. She became a real leader taking the initiative in the field of blending complimentary medicine with conventional medicine. Overall, Naomi needs to learn to relax and allow life to come to her rather than going out and chasing it all the time.

Case study 8: John William Taylor

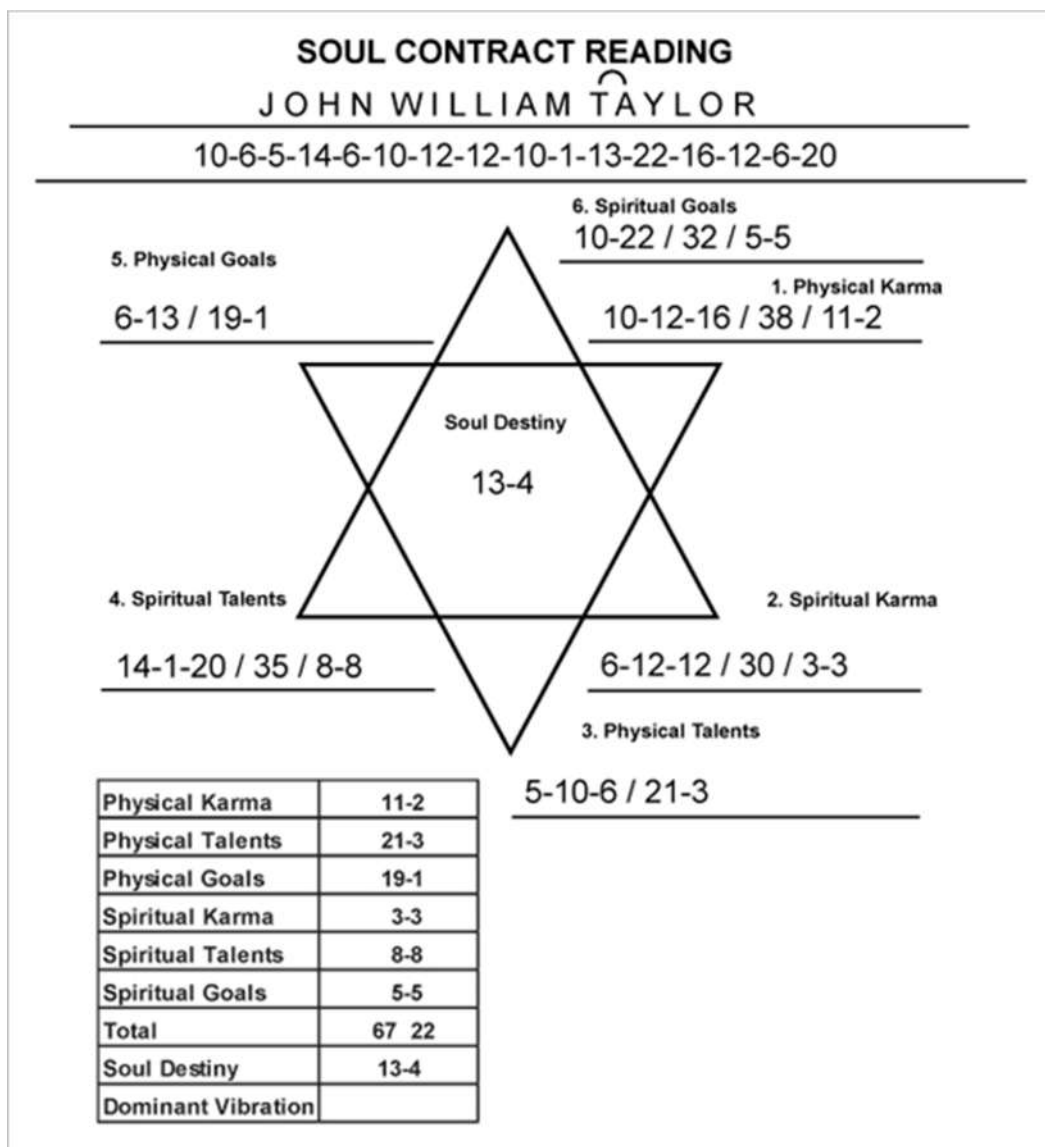


Figure 23: Chart for John William Taylor

Physical Karma: 11-2

Keywords for the 11: Discerning what to assimilate in terms of concepts and ideas into his own unique structure of truth in life; learning how to build physical structures

Keywords for the 2: *Developing emotional resiliency to shock and learning to observe situations carefully in order to make objective, wise decisions*

John was Naomi Jemma Kelliher's husband. When he was a young boy, he loved working out how to build things. His favourite toys were wooden building blocks. He was always trying to find ways to put together new structures that reflected the strong vision (generated by the Spiritual Goal 5-5s) he had in his mind of how things should be. These were mostly houses and office buildings. Meccano was another passion of his, especially for building cranes, trucks and other construction vehicles.

He was a sensitive child, easily put off balance by emotional shock as the lesson from the karmic 2s is to develop emotional resiliency. There was a feeling within him of being lost in the Earthly world. John was always seeking to find structure from others of how things worked with the karmic 11's. In school it took him a little longer than average to assimilate the knowledge and concepts he was being taught. He was intelligent, but his learning process required hearing and experiencing new things in several different ways for him to finally understand how they worked. Once he had mastered something, he was fast at applying it in his everyday life. This led him to become dependent on others at times until he had assimilated enough of the new structure. Sifting through it to find what resonated as true for him, he then proceeded to build his own unique structure from that and put it into action.

This could take the form of a new set of truths in his life or the latest construction with his building blocks. As he became a teenager, he started building bigger things: first there were tree houses in the backyard, then he moved on to makeshift huts in the forest next to his parents' house. He and his friends would spend their afternoons after school and weekends hauling old materials into the forest to build them. In the summer, they would camp out in the huts to connect to nature, which comes from the Spiritual Talent 8-8s which need to ground, and the archetypal primeval wild man (Ref 27) within each of them.

John developed this enthusiasm for building things into a carpentry and building apprenticeship with a local builder who was a close friend of the family. He loved learning all the skills that this entailed and had a great passion for constructing well-built, honest homes for people in his community.

Once he had completed his apprenticeship, and after five years of solid experience being in charge of major house builds, John decided to strike out on his own and formed his own construction business. He had a passion for creating communities from the Spiritual Talent 8-8s and for looking after people, which comes from his Soul Destiny 13-4s. This would form the core part of his soul's mission here on Earth.

John was an impulsive child due to the Wisdom and Foolishness energies of the 2s and, as a result, got himself into lots of trouble with all the foolish things he used to do and say. Because he was so intelligent, from the 11s, he soon began to realize that this was not a good idea. As an adult, he gradually disciplined himself to stop acting on any impulse and learnt to wait. This is where he was starting to move into the wisdom of the 2s. He figured out that if he had the same positive perception about the truth of a situation continuously for several days or weeks, then it was a wise decision to engage with the situation. By coming at a situation from this calm, centred space, he always manifested a great outcome. By the time he hit his late 40s, he pretty much made wise decisions all the time. This was important in the construction business he set up as there were always complex decisions to be made, often without all the information he would have liked to make the best possible decision.

Overall, John was a builder of structures of knowledge and physical buildings themselves. The knowledge was a new philosophy of a sustainable, ecologically friendly, connected, community-centred way of living. It was about reinventing the modern equivalent of the village community where people were much more interdependently connected to each other.

Physical Talents: 21-3

Keywords for the 21: *Having great endurance to overcome big challenges and hardship*

Keywords for the 3: *Great communication from the depths of the soul and being conscious with the use of money*

The challenge of the 21 energy that he took on was to be a pioneer in the construction of new ways of community living in the form of co-housing communities (Ref 28, 29). This is described in much more depth in the Spiritual Talent 8-8 explanation below. Deep down in his being, John felt that he was here to serve God in some way. He had always been a spiritual person (Spiritual Goal 5-5s), and now he was starting to find a way to express this in the outer physical world. He took the co-housing community concept and brought it into physical reality. He did this by buying up land suitable for housing. Rather than build individual houses which, from a co-housing viewpoint, were keeping families in isolation, he built integrated, connected co-housing developments. It took a lot of work to convince the local council planning departments that this was a good idea.

However, John was a passionate, eloquent speaker and writer (the 3s) and managed to communicate his vision (Spiritual Goal 5-5s) of how this worked in a very grounded (Spiritual Talent 8-8s) way so they would buy into the whole concept and give planning permission to proceed. He is goal orientated with endless energy and power to achieve his goals in order to make all of his ideas come into reality.

When his daughter Stephanie Margaret Megan Taylor (case study 3) met Michael William Sampson (case study 1), John got the next major piece of the puzzle in his life. Michael's architectural firm was developing the use of Vaastu (Ref 21), Sacred Geometry (Ref 22) and ecological design elements (Ref 30) in their building concepts. The purpose of this was to create the best possible life enhancing living and working spaces for their clients as well as to help raise their consciousness. It needed to develop a strong, synergistic working relationship with a construction company that was aligned to these

concepts and could turn them into physical reality. John realized that this was his next great challenge: how to build cost-effective houses that incorporated all these consciousness-raising design elements. He also took the design concept within co-housing developments he was building and incorporated the structure (physical karmic 11-2s) of the new elements that Michael had brought to his attention. In both cases he managed to ensure that the overall cost of construction as well as the ongoing running costs of this new form of housing over its lifetime was at least on a par with conventional housing. This is the 3 being conscious about the use of money. As he gained more experience, he managed to reduce the comparable costs, which was a major achievement. This created a great incentive for people to want to buy this sort of home, especially given the unpredictability of energy costs in the future.

Once he had enough experience and had created a good reputation for himself, John eventually became a leader in the co-housing and sustainable housing movement in the region, continuously promoting it to create better lives for everyone involved. As other builders and developers started to become aware of the social, economic and ecological benefits of this new way of doing things, they sought out John and requested he train them in it. This was the beginning of his teaching career (3), and John created a series of workshops to meet this need, sharing the knowledge he had acquired with others.

Fulcrum energies of the 21-3s:

Into the physical karmic 11-2s: The 21 helped John with its endurance energies to overcome the challenge of finding structure in his life.

Into the physical goal 19-1s: The 3s helped the 1 disseminate knowledge in the form of the teaching John was undertaking.

Physical Goals: 19-1

Keywords for the 19: *Spirit holding space for others to understand and achieve their goals in life*

Keywords for the 1: *Unity, power, stability; the dissemination of knowledge*

In a goal position, the 19-1 is all about holding space for others to learn about and achieve their goals. For John, this is very much about building houses using spiritual principles and energies with Vaastu, Sacred Geometry, ecologically sustainable and co-housing design concepts. As the 1 of the 19-1 is all about coming into the integrity, unity, power and stability of the Divine Masculine energy, building houses that were honest and affordable was of utmost importance to him.

He worked closely with his son-in-law Michael William Sampson's architectural firm to provide a fully integrated turnkey offering to clients and developers who were attracted by the revolutionary sustainable and consciousness-raising concepts. As he woke up spiritually, John's overall aim with the spaces he built evolved into helping more conscious, spiritually aware people to understand and achieve their goals in life.

The other major thing that John did was to establish a centre for the training of people in the construction and development industry in all the higher consciousness tools he had integrated into his building philosophy.

Spiritual Karma: 3-3

Keywords for the 3: *Communication from the depths of the soul coming into worthiness, moving from Poverty to Wealth consciousness*

John was very shy as a child and always wanted to spend his pocket money on impulsive purchases like new toys and sweets. He found it hard to save. There were major issues of deep unworthiness to be loved that drove this from a very hidden subconscious part of his ego. This all came about from not being loved enough as a child by his mother. She had been through the Great Depression and had been deeply imprinted with the program of enormous lack, that there was never going to be enough of anything. John received the bare essentials of life as a child – food, shelter and physical necessities – but never enough love, so he was always looking for more.

At this time, John had got together with Naomi Jemma Kelliher, his future wife. This woman shared great love with him, and it was this that gradually melted the many layers of his ego's unworthiness program. She had a strong grounding effect on him, and this, together with the fulcrum effect of his Spiritual Talent 8-8s, meant that he could feel his way through the unworthiness of the karmic 3-3s. Bringing consciousness to a program such as this is the key to clearing it. Because he loved her so dearly – it was a powerful past-life soul connection they had – he opened up the internal canal of the 3-3s and began to express his deep feelings for her more and more frequently.

As he overcame this unworthiness to express himself, John gradually transformed into a great communicator about his housing and community ideas. A real leader was emerging as he felt worthy enough to stand up and say what felt right from the symbolic depths of the 3-3s. There was also a master teacher emerging from within the internal canal of the 3s. It was all about communicating the great library of soul knowledge and ancient wisdom stored within the internal canal to the world – about making a difference in what John regarded as the very short time we spend down here on Earth in a single incarnation.

When John felt he had assimilated enough business structure, he set up his own building business. It was financially challenging at first as the unworthiness program negatively affected his cash flow. Most months he only made ends meet as he found it hard to know what to charge for his services, to issue invoices, and to follow up and ensure his clients paid on time.

John dipped in and out of his business account overdraft more often than was comfortable. This was a product of the Double Letter: Poverty to Wealth programming of the 3-3s. It manifested as a series of sporadic financial failures with some of his building projects. John learnt the hard way that he had to become conscious of what his cash flow and expenses were doing and to only spend money on the essentials to keep the business going. He discovered that the karmic 3-3 unworthiness program wanted to spend money so it would feel better about itself, even though it did not after the actual purchase.

Because this is a Master Number, it takes a long time to work through and can feel like it is never going to end. But the drive from John's soul was so strong that he persisted with the business as the Physical Talents 21-3 meant he loved a challenge. He had the ability to endure and overcome something like this in order to make him very strong in the end. Eventually, he became much more astute financially and would take his time when deciding which new building projects to actually engage with. He did this by allowing his initially ever-changing perception of the truth of a situation created by the 2 of his physical karmic 11-2s to settle on one consistent truth. Then he would sit and feel (Spiritual Talent 8-8s) whether it was the right decision in his heart. If it was and he made a business investment decision based on the Spiritual Signature, then he always made a good profit, the job went really smoothly, and a good honest home was constructed.

Once he had overcome the karmic drag of the poverty consciousness of the 3s, John ended up making a lot of money. As he had been through such a strong experience of poverty consciousness for many years while establishing his business, he was still very conscious and careful about how he spent his money.

Spiritual Talents: 8-8

Keywords for the 8: *Grounding; creating community*

This is all about being able to relate to all sorts of people in society, from the consciousness to a program such as this is the key to clearing it. Because he loved her so dearly – it was a powerful past-life soul connection they had – he opened up the internal canal of the 3-3s and began to express his deep feelings for her more and more frequently.

As he overcame this unworthiness to express himself, John gradually transformed into a great communicator about his housing and community ideas. A real leader was emerging as he felt worthy enough to stand up and say what felt right from the symbolic depths of the 3-3s. There was also a master teacher emerging from within the internal canal of the 3s. It was all about communicating the great library of soul

knowledge and ancient wisdom stored within the internal canal to the world – about making a difference in what John regarded as the very short time we spend down here on Earth in a single incarnation.

When John felt he had assimilated enough business structure, he set up his own building business. It was financially challenging at first as the unworthiness program negatively affected his cash flow. Most months he only made ends meet as he found it hard to know what to charge for his services, to issue invoices, and to follow up and ensure his clients paid on time.

John dipped in and out of his business account overdraft more often than was comfortable. This was a product of the Double Letter: Poverty to Wealth programming of the 3-3s. It manifested as a series of sporadic financial failures with some of his building projects. John learnt the hard way that he had to become conscious of what his cash flow and expenses were doing and to only spend money on the essentials to keep the business going. He discovered that the karmic 3-3 unworthiness program wanted to spend money so it would feel better about itself, even though it did not after the actual purchase.

Because this is a Master Number, it takes a long time to work through and can feel like it is never going to end. But the drive from John's soul was so strong that he persisted with the business as the Physical Talents 21-3 meant he loved a challenge. He had the ability to endure and overcome something like this in order to make him very strong in the end. Eventually, he became much more astute financially and would take his time when deciding which new building projects to actually engage with. He did this by allowing his initially ever-changing perception of the truth of a situation created by the 2 of his physical karmic 11-2s to settle on one consistent truth. Then he would sit and feel (Spiritual Talent 8-8s) whether it was the right decision in his heart. If it was and he made a business investment decision based on the Spiritual Signature, then he always made a good profit, the job went really smoothly, and a good honest home was constructed.

Once he had overcome the karmic drag of the poverty consciousness of the 3s, John ended up making a lot of money. As he had been through such a strong experience of poverty consciousness for many years while establishing his business, he was still very conscious and careful about how he spent his money.

Spiritual Talents: 8-8

Keywords for the 8: *Grounding; creating community*

This is all about being able to relate to all sorts of people in society, from the conscious all the way to those who are very unconscious. This is the source of John's great drive to create integrated communities. He could see that Western society had actually devolved into the breakdown of communities into isolated nuclear families that put enormous strain on the parents and the 2.4 children as they had little support around them in terms of other family and community members. When people lived in smaller villages for generations and built up community relationships over that time, the mutual support network was much vaster and tighter. The dispersal of people through much greater movement in modern times has broken these bonds and resulted in a disintegrated society where families over several generations are no longer living close together.

John recognized this and made it his mission to recreate sustainable communities where everyone worked together to mutually support each other through life so that the experience would be much more connected and fulfilling at all levels. He was creating the modern equivalent of the village, in the form of co-housing ([Ref 28](#), [29](#)) where members of the community have common meeting areas to share meals and socialize. This resolves many of the needs and demands of modern living from childcare, so parents can work, being connected to and having a sense of community again, to looking after the older members of the community in their own homes.

Spiritual Goals: 5-5

Keywords for the 5: *Truth, pioneer, visionary, teacher of teachers*

John was a visionary, a pioneer in the creation of new ways of living for people and grounding them into the world in a real physical form. He helped move people from isolated nuclear family units in large cities into sustainable, ecological, Vaastu (Ref 21) and Sacred Geometry (Ref 22) co-housing developments in groups of no more than 150 (Dunbar's Number). This has been found to be the optimal number to create and maintain a socially cohesive community (Ref 31). He believed that we are not designed to live in large, dense, urban conurbations.

John was learning to speak out about this concept that he had held deep in his heart for a long time. This was no matter what anyone else said. He experienced a lot of persecution for expressing his truth initially, but stuck to his guns as this was so important to him. Eventually, his ideas became better accepted, and John became a teacher of teachers. Other people who were also exploring ways to create better community for mankind came to study with him and to learn how to teach his concepts to the world.

Soul Destiny: 13-4

Keywords for the 13: *Here to learn to reconnect and surrender to the love and flow of the Divine Feminine aspect of God*

Keywords for the 4: *Learning to totally trust in the flow of God, the Universe, abundance, everything in life and to be worthy of receiving it*

John's heart closed at an early age because of insufficient love from his mother (13). She did the bare minimum to look after him. This was only so he could overcome it. This caused him great pain so he had put up a stone wall around his heart to protect himself. As a result, he was selfish as a youngster (4) as he never trusted that there would ever be enough love or anything else in his life.

Once John had overcome the poverty of the spiritual karmic 3-3s and moved into wealth consciousness, he started making a lot of money. He was grateful to the Universe for what he received and had a strong drive to share it with others (4), to give something back. He experimented with tithing. Back in biblical times, the Hebrews used to give 10% of everything they earned to God in the form of a tithe, as gratitude for what they had received. They also knew that the more they shared, the more that would come back to them. John started giving 10% of his income to people and organizations that had supported him. He found that business started to run more smoothly. Risky business situations seemed to work themselves out for the better. New opportunities (East of the 4s) kept turning up. He realized that tithing was the best investment he could ever make and that the true flow of abundance in life came from Spirit, not from this 3rd dimensional reality. He learnt to relax and trust in the flow of the Universe. Whatever he intended, provided he followed the Spiritual Signature, eventually came to him. He transformed the sharing into putting in community facilities in his housing developments at his own expense as this felt like the right thing to do. The 13-4 is about learning to take care of others, in this case in the form of building sustainable, ecological co-housing communities (Spiritual Talent 8-8s). It also expands the Spiritual Goal 5-5s of being a visionary and pioneer with his highly conscious co-housing communities.

Case study 9: John Arnold Ford

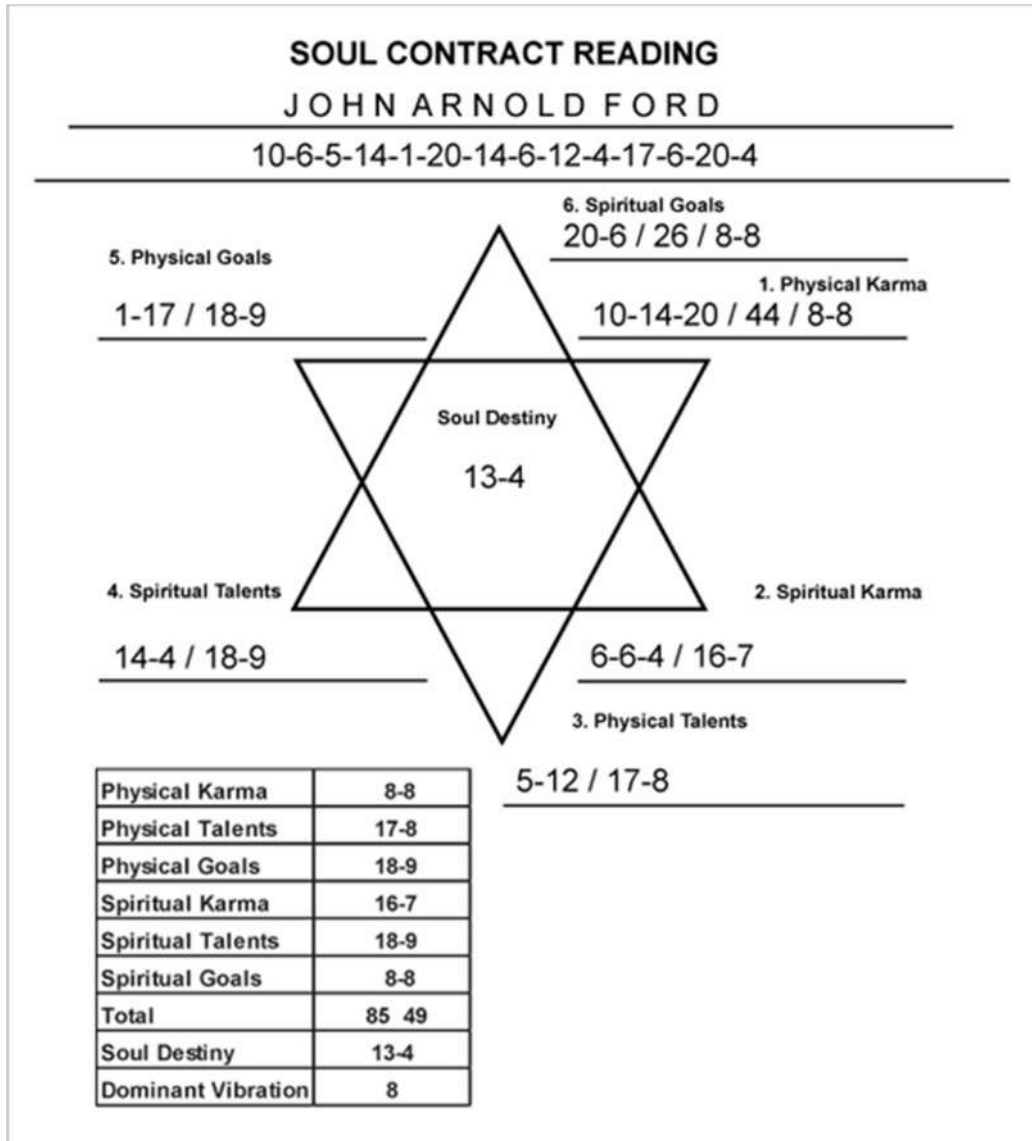


Figure 24: Chart for John Arnold Ford

Physical Karma: 8-8

Keywords for the 8-8: *Grounding in the body, forming clear emotional boundaries by differentiating between his own and other people's emotional issues, learning to reach out and engage with society*

Arnold is the third partner in Michael William Sampson and Bart Alan's architectural firm. He found it hard to ground into society with the physical karmic 8-8s, which bridge his entire chart in conjunction with his Spiritual Goal 8-8s, indicating it is a major pattern to work through.

When he was younger, his mother was not really there for him emotionally. She regarded him as an interruption to her career. This lack of love was traumatic, and he numbed out as a result, spending most of his time out of his body. As a baby, he needed to emotionally bond with his mother so that he could feel safe in the world, but this never happened. This resulted in him avoiding connecting to anyone else for most of his life out the fear of being rejected and abandoned again. Arnold withdrew into an emotional glass box (Asperger's disorder, [Ref 32](#)) and from there observed the world. He ended up living in his head, forming mental body models of how emotions should be, but had never felt the real thing and was not even aware of doing this. When he was with people, especially women, he found it hard to be fully emotionally present.

He just did not understand how people worked when he was trying to relate to them and missed most of their emotional cues. He tried to work it all out in his head as to what was going on, the result being inappropriate responses. He became aware of this in his 30s, but could not find a way to change this pattern. He felt trapped in emotional solitary confinement in his glass box, an outsider, always excluded from the main groups of people he tried to associate with. This included his family, other students at university and people in general. He felt rejected, lonely and despairing.

Arnold had to learn what the different polarities of emotions were: for example, joy and sadness, anger and fear. When things got too emotionally intense for him, a feeling of wanting to die would often come up, which was the ego trying to stop him going deeper into his emotions. Being out of his body most of the time meant he was out of tune with its needs. This manifested as being physically hard on his body as he could not feel its limits and in breaking things.

Arnold had set his heart on becoming an architect. He needed to work with real solid things like buildings in order to get grounded. It is also important to relate well with people in the managing of the building team of fellow architects, drafts people, civil engineers, building contractors and tradesmen. His entire job is the recommendation for working through his physical karmic 8-8 energies. He had to work out early on how to ground into his body to become emotional present with his team members, for if he was not, he would not pick up the cues of where they were coming from emotionally, behind the words that were being said. This would result in him misreading their true intention and creating mistakes in the building management process. The other major issue that arose, as he started to ground, was that he had to form clear emotional boundaries between himself and others and not get overinvolved in their emotional issues and sacrifice himself in the process. If he did not do this, the result was emotional overload for him. All of this took many years to work through. But by the time he reached his late 40s, he was finally emotionally present in his body for 80-90% of the time and did a good job at managing his team.

On a personal relationship level, Arnold found relating to people very hard as he lacked the emotional structure for connecting and flowing in the to and fro of a relationship. He had a few girlfriends when he was in his 20s, but the relationships did not move far beyond the attraction phase. He was unable to emotionally connect with them in the way they needed, resulting in a lot of relationship break-ups. They saw the potential in him and sought a deeper commitment, whereas Arnold was having enough trouble just staying present in the relationship, feeling his feelings and being safe enough to share them. It was like he completely lacked an emotional body, which was frustrating for him. A deep connection with a woman was what he wanted above all things in order to heal the wound of disconnection from the archetype of the Divine Feminine aspect of God (Soul Destiny 13-4), represented by his mother.

Arnold still had emotional attachments to past girlfriends, due to his lack of clear emotional boundaries, and they were still at the forefront of his mind decades later. These made it hard for

him to be present in the 'now' moment, which is the key for Arnold to move forward in life. He needed to heal the trauma of never properly bonding with his mother through conscious healing processes such as Divine Healing ([Appendix E: 1](#)) and Tantric group training ([Ref 33](#)). This means having a facilitator hold the space so he can bring conscious feeling awareness to as much of the trauma as possible and transmute it that way.

Slow-moving meditative practices such as yoga and Qigong to become more present within his physical body would be helpful. Joining groups of compatible people and building relationships with them is important. It is better to emotionally engage and have the visceral, 'now' moment experience of actually doing it, rather than all the mental body model projections of what should or could happen.

Physical Talents: 17-8

Keywords for the 17: *Expression into society of the Word of God*

Keywords for the 8: *Grounding and connecting with society*

This is all about Arnold being on a path of spiritual initiation to prepare him for his work for God. His soul was developing the ability to express the Word of God (17) in society in a grounded, confident way (8). This primarily took the form of the design and construction of Vaastu ([Ref 21](#)), Sacred Geometry ([Ref 22](#)) and ecologically ([Ref 30](#)) optimized buildings. Vaastu is based upon a deep understanding of the five elements of Earth, Sky (space), Air, Water and Fire. Sacred Geometry is the application of the universal language of truth, harmony, beauty, proportion, rhythm and order to connect the spiritual to the physical in building design. The purpose of all this was to maximize the consciousness and quality of life of their occupants. Once Arnold reached a threshold of confidence in his vocal expression, he started to share the principles of how his firm's consciousness raising buildings worked through public speaking at architectural conferences. He was well received because he was able to ground the high spiritual concepts involved into a language the majority of people could comprehend.

Becoming fully grounded with the 8s required a lot of work. These indicate that Arnold had a high-frequency soul that was able to embody and ground in the dense Earth plane so as to relate to the heaviness of it. As he did this, he created clear emotional boundaries around himself. As he learnt how to relate (17) better to society from this more grounded space, he overcame the initial difficulty he encountered in running the architectural business well. He became more clairvoyant with respect to the future (8), where he could tune in to a work situation and just know which way it was headed. This enabled him to run things a lot more smoothly.

Arnold built his own Vaastu, Sacred Geometry and ecologically optimized home to have the direct experience of working through and learning all that this involved. Once he had created a stable, grounded home environment for himself, he was able to move out into the world and take his work to an even higher level. This is the effect of the astrological sign Cancer within the 8.

As he came into the grounding of the 8s, Arnold started to express the feminine qualities of nurturing, relating to and supporting those he was connected with. This was particularly useful in keeping his architectural team together and in his personal and social life. It was like an infusion of feminine emotional bonding and connecting energies into the masculine-dominated working environment which balanced things out nicely for everyone.

Fulcrum energies of the 17-8s:

Into the physical karmic 8-8s: These enabled Arnold to overcome the negative expression of the physical karmic 8-8s and eventually ground his soul properly into his physical body. He can then relate to society and express his gift of service through the transmission of his soul's spiritual energies.

However, it took him many years of personal development work to come into the positive aspects of these numbers, due to the need to carefully peel the layers of the childhood trauma that had frozen him emotionally.

Into the physical goal 18-9s: The 8s enabled Arnold to ground the physical goal 9s so he could feel his way through the resistance, layer by layer, to him coming into his power. As he started to break through this, the 17-8s enabled him to begin to express that power with his work in a grounded way out in society.

Physical Goals: 18-9

Keywords for the 18: *Choosing to follow Spirit; completion; making the best choice in each moment and not reviewing past choices*

Keywords for the 9: *Empowerment; letting go of resistance to the full expression of soul power; trusting this power*

The 18-9s in this aspect are all about Arnold learning to come into the positive aspects of these energies, learning to make the hard decisions in life, especially at work, and to follow them through to completion. There was always the risk of procrastinating about 80% of the way through a specific project, with the temptation to get someone else to finish the job. He was learning to be goal orientated and successful at business. The key here was for him to come into and trust his power at a personal level (9), and to use it to follow through and complete decisions (18).

Arnold was learning to be a project manager, which was his natural role in his architectural practice. Michael William Sampson was visionary for the business, with his Physical Goal 5-5s and Soul Destiny 14-5s – the front man the world would see who could articulate what the practice was all about with his Physical Talent 21-3s and Spiritual Talent 8-8s which grounded his communications so society could access them. Bart Alan was the problem solver for the big challenges they faced with his generic goal 21-3s. As the project manager, Arnold was learning to pull the entire in-house team and external contractors together, chairing project meetings, and making the hard decisions and completing the projects milestones on time.

Spiritual Karma: 16-7

Keywords for the 16: *Grounding Spirit into the Earth plane*

Keywords for the 7: *Working with and healing the heart*

Arnold is learning about accepting his spiritual energies, which were coming down to the Earth plane (16) and how to relate these to people (7). This created intense karmic relationship experiences, with his ego rebelling and fighting these energies to stay in control, producing a lot of anger. It believed it was still in charge of the lifetime, more powerful than Spirit/God, and it actually feared annihilation by Spirit. But this is not actually what happens: it is more of a gradual surrender and re-assimilation of the ego into a higher state of consciousness. This enables him to rise above the lower-frequency ego programming that has been running his life.

Healing the heart wounding (7) from childhood will enable him to access more of the Spiritual Signature, the expansive, loving feeling that occurs when our soul communicates through bodily sensations, feelings and emotions what is the next right action. The mind is actually relieved to know that it does not have to work everything out all by itself anymore and run the whole show, as the Spiritual Signature becomes more available. Arnold gradually got out of his own way and moved into a more graceful, flowing way of living.

His liver often got blocked up with the physical toxins associated with the anger it carried as the karmic 16 energy fought the incoming spiritual energies. Arnold resorted to regular liver cleanses to sort this out.

The heart closure of the 7 energy meant that Arnold never felt safe again to show the vulnerable inner child part of himself to the world, especially in close relationships. He put on a protective public façade. His greatest fear was of being seen as bad and being rejected once again. This produced indecision at the deepest level of his being as he asked himself, 'Shall I show my real self or not?' Up until his early 30s, this manifested as an unconscious need to control others by playing mind games, to hide his true self.

This indecision manifested in all areas in his life. Choosing a menu item at a restaurant was a challenge. The key here is to heal the heart wounding, so as to feel in his heart which is the right choice. In relationships, Arnold was living in dreamland as to what was real about people. His initial perception of them was not the actual reality of who they were, so he engaged with them based on a false perception. In love relationships, this got him into trouble because as the dreamland filters started to dissolve, he would get a shock when he discovered who the woman he was going out with truly was. This often resulted in him leaving the relationship. He learnt to regularly ask himself, 'Is this real?' and looked for firm evidence as to whether it was.

A key part of the heart opening/healing process was for Arnold to share his true feelings and thoughts with others, even though it felt unsafe at first. When someone walks into a group of people and speaks absolute truth, everyone just accepts it and goes really quiet. This is because Truth vibrates at a level of 600 ([Ref 34](#)) on the David Hawkins logarithmic Scale of Consciousness from 20-1,000 in his book *Power Versus Force* ([Ref 35](#)). This is where 20 is shame and 1,000 is Enlightenment in the form of Christ. Truth is even higher than unconditional love at 540. If someone walks into a room and tells a lie, the low level of consciousness of this which is below 200, the level of integrity, means everyone is on to them and gives them a hard time.

This is the mechanism for Arnold to share the previously hidden part of himself.

By expressing his true feelings and thoughts, he would create a bubble of higher consciousness safety around himself. People coming into this bubble would either rise in consciousness, open up their hearts and come into their truth or they would leave. The latter happens when they cannot handle the consciousness shift required to stay within the bubble. As Arnold grasped this dynamic, he gradually revealed more of himself, creating an ever-expanding bubble of safety. The heart opening that occurred healed many of his childhood wounds. The magnetics of his soul progressively radiated out more powerfully into the world and drew like-minded people and situations to him.

At work, Arnold was learning to become the facilitator (7) of the team he was project-managing. It was not necessary that he was the leader in charge of everything; it sufficed that he was at the centre, networking his entire team together, with the heartcentred magnetic attraction of his soul, and catalysing them into action, synergizing them into creating a greater whole than the sum of their parts.

Arnold was learning to distil the spiritual components of Vaastu ([Ref 21](#)), Sacred Geometry ([Ref 22](#)) and ecological design ([Ref 30](#)) concepts, down to their core working principles, then making them accessible to his staff and building contractors in plain English (16) so that they could put them into action (7).

Spiritual Talents: 18-9

Keywords for the 18: *Choosing to follow Spirit; completion*

Keywords for the 9: *Empowerment*

These energies meant that Arnold was the natural choice to be the lead project manager for the business. He had a lot of power available (9) to make the hard decisions (18), and follow them through and complete the project milestones. He was holding the big picture in place for everyone else to then be able to go off and work on their individual parts. He could really catalyse and motivate his team into action, trusting his inner gut feeling at all times, his clear connection to the Spiritual Signature (9). This always got him through difficult decisions, enabling him to rapidly gain clarity on what was the optimal course of action.

Arnold relished new challenges. Initially, the firm started using their spiritual design concepts for smaller projects like domestic housing before applying them to bigger commercial projects where he learnt to make these concepts more accessible (16-7) to these more commercially minded clients.

The Vaastu, Sacred Geometry and ecological design concepts appealed to Arnold's futuristic mindset (18). He was in his element as he had a great passion for using them to raise his clients' consciousness and quality of life. As the firm's work became more well known, overseas clients started to manifest.

Arnold relished travelling internationally (18), so could often be found visiting the firm's overseas projects to check first-hand on how things were going.

Fulcrum energies of the 18-9s:

Into the spiritual karmic 16-7s: The finality and solution of the 18 means that Arnold was able to work through the indecisiveness of the 7 within his spiritual karmic 16-7. The power of the 9 enables him to overcome the ego resistance to bringing spiritual energies down to the Earth plane within the spiritual karmic 16.

Into the spiritual goal 8-8s: The 9 enables Arnold to catalyse the spiritual goal 8-8s so that he could ground them. The 9 melts through the emotional numbness of the 8-8s to move him into a deeper feeling and emotionally present space.

Spiritual Goals: 8-8

Keywords for the 8: *Grounding*

These energies are all about grounding his spiritual talent 18-9s in society, to take his project-management skills out into the world and express them so that everyone he works with can relate to them and act upon his command to complete projects on time. Also, potential clients can see that the firm is capable of delivering a good job on time. Arnold was learning to emotionally connect and relate to all the people involved in this process. How far he gets with this depends on how well he works through his primary grounding and connecting challenges within his physical karmic 8-8 energies.

Soul Destiny: 13-4

Keywords for the 13: *Unconditional Love of the Divine Feminine*

Keywords for the 4: *Trusting in the flow of the Universe*

Ultimately, Arnold is here to share the unconditional love of the Divine Feminine and Christ Consciousness energies. The 13-4s expand his Spiritual Goal 8-8s, which take his power (Spiritual

Talent 18-9s) to follow Spirit out into the world. This is achieved by dissolving the stone wall of protection he had placed around his heart that came from childhood due to the lack of love from his mother. As his heart begins to open, he can set the intent of what he desires to manifest according to the Spiritual Signature, surrender it to the Universe (13) and trust (4) that it will come to pass without any expectation of the outcome. This is all about living completely in the 'now' moment, allowing Spirit to bring to him whatever is in Divine Order, totally surrendering to God/Great Spirit living the experience of life through him. This is where Arnold starts to become one with his Soul and Spirit.

Now you know how life works

Now that you have been through all the case studies you should have a better feel of how the Soul Contract numbers manifest in real people's lives. You can go into greater depth in unravelling the previous mystery of your life, shine consciousness to the hidden, unknown parts of it, overcome your karma, bring out much more of your talents, achieve more of your goals and manifest your Soul Destiny. Out of all this process, you will be able to reveal the gifts you are to bring to Earth in this lifetime.

Once you have understood much more of who you are, your attention will probably switch to wanting to understand those round you using the Soul Contract Reading work. These are your friends, family and colleagues who you have a relationship with in some form. I would ask you to please take great care here.

It is only in divine order for you to look at the Soul Contracts of people you have a direct relationship with, such as family, partners, children, friends, work colleagues. This is because of the high level of truth this system reveals about the essence of someone's life. Otherwise, it becomes an invasion of the privacy of that individual's energies. It is all right to undertake readings on those who have passed on, but not famous people who are still alive. You need to obtain the permission of people who fall outside the above categories if you wish to look at their Soul Contract.

Family, personal, parenting and business relationships

Beyond the scope of this first book on birth names, future books will explore the overlay effects of commonly used names on your birth name. I will also show you how to examine your personal, family, parenting and business relationships using the characters in the case studies presented thus far to see the deeper energy interactions at play that create these relationships.

Chapter 12

The next steps

Creating a more fulfilling life for yourself

As you have revealed the Spiritual Map of your life by decoding your Soul Contract, it is time to put it into action on a daily basis. This is so you can begin to create the fulfilling life you truly desire, for the more aligned you become to the flow of your Soul Contract energies, the more easily your life will flow. This is the key to Living Heaven on Earth, which I will expand upon more as this chapter unfolds.

How do you go about doing all of this? Initially, this all may sound like a tall order. Well, we begin from exactly where you are now. In whatever situation you have created that got you to this point in life. Where you are now holding this book and uncovering the truth of what has really been going on. Take your Soul Contract interpretations and be as emotionally present as possible with the aspect of your chart that is running for you at this time. The way the soul works is that when you are first born, the physical aspects of your chart, especially the karma, are running most strongly. As you get older, the spiritual aspects start to become more predominant, especially once you start to awaken spiritually. The soul will activate in your subjective outer reality specific aspects that will run strongly for several hours, days, weeks, even months, as it wants you to work through them. As you do this, you will notice that the theme changes to another aspect or combination of aspects. It is following a very specific divine cycle of awakening for you.

It is important that you surrender to this as best you can and engage with the strongest issues in any given moment using the recommendations in this book that feel right for you. For this is the soul's priority. Even though this may feel quite challenging, ultimately it is easier to face and start to transmute a layer of an issue than to turn away from it. Otherwise, your ego will still be there running your life, rather than you taking back your power and transforming it into what you truly desire.

The strongest patterns that run are your karmic issues. These will require the majority of your time and energy to work through. After that it is your goal aspects that need attention to get them up and running some more. Then there are your talents for you to more fully activate, for they are key fulcrum energies for working through the adjacent karmic and goal aspects in your chart if they are a good match.

Embracing your life to consciously heal yourself

As you engage with your Soul Contract, it is important to become as conscious as possible of the issues that arise from your different aspects. Take action upon them when you are in a clearer conscious space, for you will drop in and out of consciousness in terms of your awareness of the pattern that is running. Use the recommendations in this book to help you move through the patterns you are facing. There are two types: the Do It Yourself ones, eg for someone with physical karmic 8-8s, grounding with yoga. Others, like addressing severe disempowerment issues like karmic 9-9s, will require the input of a qualified, experienced therapist. Have compassion for yourself. It is important to recognize and let go of any judgement your ego has of these patterns. For it is this very thing, this low-consciousness energy, that holds them in place. *Surrender to your patterns and embrace your life exactly as it is, for this is the key to transforming it.*

If you are a spiritual seeker wanting to manifest your Soul Destiny, I recommend you undertake conscious healing work on the deeper issues creating these patterns, using tools like Divine Healing ([Appendix E: 1](#)). Either see a practitioner or, if you are really dedicated, learn how to do it yourself. That way, you can clear programming as it comes up, therefore avoiding the time lag between becoming aware of a program and attending a healing appointment to clear it. I have been working on clearing my separation programming ever since I first understood what it was back in 1990 with my Soul Contract Reading with Frank Alper. I have used a wide variety of powerful healing tools. However, it was only when I learnt Divine Healing ([Appendix E: 1](#)) in 2006 and applied it regularly, on an as-needed basis, when a program came up to be addressed, that my spiritual growth really began to accelerate.

This was something I had been searching for for a very long time. Divine Healing is based on the principle of 'Ask and you shall receive'. Its purpose is to take us home in consciousness all the way back to the Source by dismantling all the programming we put in place to create this illusion that we are separate from it.

If you gradually chip away at a program through self-healing processes, its integrity will start to break down, and it will collapse eventually and be reabsorbed back into the Source, where it came from in the first place. The key is to bring consciousness to a program – that is all it wants. That is why it will expend enormous amounts of your precious life force energy, through distraction, addictions and numbing out, preventing you from doing just that. For when you can bring consciousness to 100% of a program, it has served its negative contextual purpose. You have then transmuted it to Light and have moved one step closer to the Source.

In addition to Divine Healing (Appendix E: 1), I would recommend using it in conjunction with body cellular emotional deprogramming therapies like EFT (Emotional Freedom Technique), Matrix Re-Imprinting with EFT and SRT (Spiritual Response Therapy) to remove the deeper layers of the programming stored in your cells.

There is another parallel process that is helpful in clearing your programming. It is taking an action in the opposite direction to what the program wants you to do. For example, if you are in fear, which is only held within the ego mind, about facing a particular situation in life that a karmic aspect is manifesting, then turn to face it. Take the best possible decisions and actions you can from that space to engage with and transform the issue. You will find that, when you do this, the layer of fear, worthiness or disempowerment, or whatever the karmic program is, will have dissolved. You will still be standing there much stronger and that layer of the program will not, it will have disappeared. Then you will realize the tricks your ego has been playing on you. The layer of programming that seemed so real is now gone. It was not as Real with a capital 'R' as your mind perceived it to be. It is actually only temporarily real with a small 'r'.

Let's be honest here: all of this is not going to happen overnight. It will take time, courage, energy and perseverance to work through all the issues in your Soul Contract. But it is better to be under way than to remain at the mercy of your karmic programming. Take your Spiritual Map of your life in one hand, your healing tools and recommendations in the other, and put them into action. The more you use them, the faster you will come into alignment with your Soul Destiny and eventually a satisfying and more fulfilling life.

You are important in the global scheme of things

This Ascension awakening process is not about waiting for one specific moment where you turn to a being of Light and transcend this dimension. It is about a continuous process of raising your frequency by transmuting the layers of separation programming in your consciousness. All the tools provided in this book are designed to help you do this. This is so that eventually you reconnect to the One Consciousness that we all ultimately are, All That Is. You need to work on yourself regularly. It is better to be doing the right thing, in the right way, at the right time to raise your consciousness than bumbling around, lost in the darkness of unconsciousness, which is the experience of the majority of humanity. This is where people do not have the appropriate consciousness raising and healing tools available to them. If enough of us do this, then everyone raises in consciousness because each species on Earth is connected to a unique morphogenetic grid ([Ref 36](#)) that links all its individuated embodied sparks of consciousness and surrounds the Earth. This enables all members of the species to communicate with each other through the grid. The human morphogenetic grid is called the Christ (Unity) Consciousness Grid.

The hundredth-monkey concept ([Ref 36](#)) postulates that when approximately 1% of a population of a specific species has grasped a concept, it propagates to the rest of the population through its morphogenetic grid. This was discovered through the observation of a small number of monkeys of the same species on different islands around Japan that were observed washing potatoes in the sea before eating them. When about 1% of them had learnt this technique, suddenly all of them

started doing it, despite the fact that they were geographically separated by the sea. The only explanation scientists could come up with to explain the communication of this knowledge to the entire group was the existence of a morphogenetic grid.

Whenever you clear a specific separation program within your consciousness, the effect of this goes up through your connection to the Christ Consciousness Grid. This then benefits all those other embodied human souls who carry the same pattern. If enough of us do this, then we can create a permanent clearing and raising of consciousness for the whole of humanity. If the only thing you ever did in this lifetime was to engage with your own personal Ascension/awakening and healing process, you have still served the whole of humanity. However, if you also manifest your Soul Destiny, then you are making an even bigger contribution to the raising of human consciousness.

The actual number of people required to reach a critical mass, to change human consciousness on a specific issue may be a lot less than 1% of the world's population. Assuming a world population of seven billion at the time of writing, this is 70,000,000 people. This is demonstrated by the Global Maharishi Effect ([Ref 37](#)). His Holiness Maharishi Mahesh Yogi introduced Transcendental Meditation (TM) to the West. In the development of the Transcendental Meditation and TM-Sidhi program, scientific studies have demonstrated that it only takes the square root of 1% of the human population, 8,366 people, to be in a state of very high brainwave coherence, to create coherence in the collective consciousness, and generate a unifying and integrating effect in the life of society. This is where the higher consciousness of the few raises the lower consciousness of the many ([Ref 38](#)).

Therefore you are important in the global scheme of things as you start to transmute the negative context of your Soul Contract, align to your Soul Destiny and start to manifest your Divine Purpose. As you rise in consciousness, you become one of the 8,366 people required to reach a state of Unconditional Love (540 on the David Hawkin's Scale of Consciousness; [Ref 35](#)) which would then trigger all of humanity to awaken back into the Unity Consciousness that we all are.

Manifesting your divine purpose

Within you is hidden your Divine Purpose. You may have incarnated on Earth many times, but have never actually managed to manifest this because you were not at a sufficiently high enough state of consciousness. The timing also was not quite right yet, until now. This can only come through you when you have cleared enough of your contextual karmic programming to enable you to cross the threshold of what I call Soul Integration. This is where the presence and consciousness of your soul has embodied enough to overcome the karmic drag of your separation programming – where you have reached sufficient consciousness using the process outlined above so that your soul rather than your ego is now leading your life. The remaining karmic programming can then be peeled away much more easily as it no longer has such a strong grip on you. The acceleration of the raising of your consciousness is now under way. Once the ego has started to surrender to the soul and Spirit, the part of you not embodied, the real work can begin in your mission on planet Earth. Your Divine Purpose will manifest through your Soul Contract in the gifts you will deliver to the World by transmuting the negative context of your karmic patterns. This is about coming into the positive qualities of your goals, fully manifesting your talents and Soul Destiny. This is the true meaning of your life, this is why you have come to Earth. You are here to deliver this Divine Purpose to humanity as your piece of creating Heaven on Earth.

Creating Heaven on Earth in your life

In the Western cultural context/story, Hell is perceived as some place you go to in the bowels of the Earth, or on the astral plane if you have not come up to the mark in this lifetime in the eyes of some judgemental, vengeful, omnipotent Male God. If you behave yourself and earn and learn your way out of the existence of the Earth plane, then you will obtain enough Brownie points! These might just be enough for you to make it to Heaven/the Higher dimensions – some abstract place up in the clouds of the astral plane where all is bliss, love and joy. Something we believe we can never obtain down here on earth while incarnate.

However, Hell is not necessarily some place you go to after your physical body dies and your soul leaves for the astral plane. Hell for a lot of people on Earth is the lives that we experience when our ego is in charge of the show. When we are at the mercy of all the unconscious programs just playing out in our lives that we feel we are helpless to change. It is like we are a tenant in our own body, a passive observer in our own lives, and someone else is running the show. We have just come along for the ride, but have to take the hit for whatever happens.

Creating Heaven on Earth is not a process where we suddenly transition from one state of being to another. The term Heaven on Earth has the connotations of a Male God, flicking a switch and hey presto, there you have it, Heaven on Earth has manifested around us, been delivered to us by an outside authority. It is something we perceive will be done to us and that we have no control over. That we pray will happen sooner rather than later, especially given the state of the world at the time of writing this book in early 2012. These are all projections from the limited state of separation consciousness of our human ego, none of which are Real.

The reality of how this process can actualize in your life is quite different. You are personally and directly in charge of Creating Heaven on Earth in your life in each and every moment. There is nothing you need to earn or learn. This is because you are the Creator embodied. You just deliberately forgot this when you incarnated so you could engage with this reality as if it was really Real. Now it is time to become conscious of who you really are, by transmuting your separation programming and manifesting your Divine Purpose. The process of Life is you as the Creator, creating. No outside authority is going to create Heaven on Earth in your life for you. You are the Authority in your life.

As you ascend in consciousness, using the comprehension of your Soul Contract and applying the recommendations for working through your Spiritual Map of your life, you can start the process of living Heaven on Earth. This takes time, in fact probably the majority of a lifetime. There will be rough patches, but it is quite achievable if you are dedicated, focused and

courageous in the pursuit of creating this graceful state of existence in your life.

The experience of living Heaven on Earth is about moving into a place of total surrender to the flow of Spirit. Being grounded in your body, emotionally clear and present enough to be able to connect to and feel in your heart in each moment what is the next right action. We defined this earlier on as the Spiritual Signature. You can tell what this is by the heart expansion that happens when your actions are aligned to your soul's desires. Sometimes the next right action makes no logical sense. Just trust that your Spirit knows what is optimal for you. God indeed has a plan for your life as you are One and the same. Ultimately, you at a human ego personality level are not in charge. Surrender, access and start to flow with this Oneness that has always resided in you and your life will start to flow synchronistically, abundantly and lovingly. This is despite what your ego mind is thinking as it tries to figure it all out and control it all out of fear that it could all go wrong. God is very organized; you just need to get your ego out of the way, through transmuting enough of its separation programming, and allow your Divine Purpose to manifest through you.

How you are changing our Earthly reality

As you enter into this transitional process, it is important to understand how the Earthly reality works. Up until the end of the 20th century, all of us were living in a consensus reality, where we were all unconsciously agreeing to live by the same pictures of reality of how things were in life. Pictures of reality are beyond your conscious beliefs: they are initially unconscious, deep soul programs you have come to play with in this reality. For example, one picture of reality is 'that there is never enough'. If enough people hold to this picture of reality and transmit it into the consensus reality it becomes a strong thought-form that affects everyone else through the human morphogenetic Christ Consciousness grid. The majority of people then start to believe this.

But this is changing as we ascend in consciousness. This all-encompassing consensus reality is breaking down. It is gradually being replaced by more localized, higher-

consciousness holographic bubbles of reality. Lightworkers/Service Souls/Spiritual Seekers, who are rising in consciousness, are responsible for this.

They are projecting completely different pictures of reality than are held to be true by the lower-consciousness consensus reality of the majority of Earth's population. These much more highly conscious pictures of reality are generated by the Divine Purpose of each Lightworker as they start to come online. These are all part of the Divine Plan to create Heaven on Earth. Higher consciousness always transforms and raises lower consciousness (Ref 38).

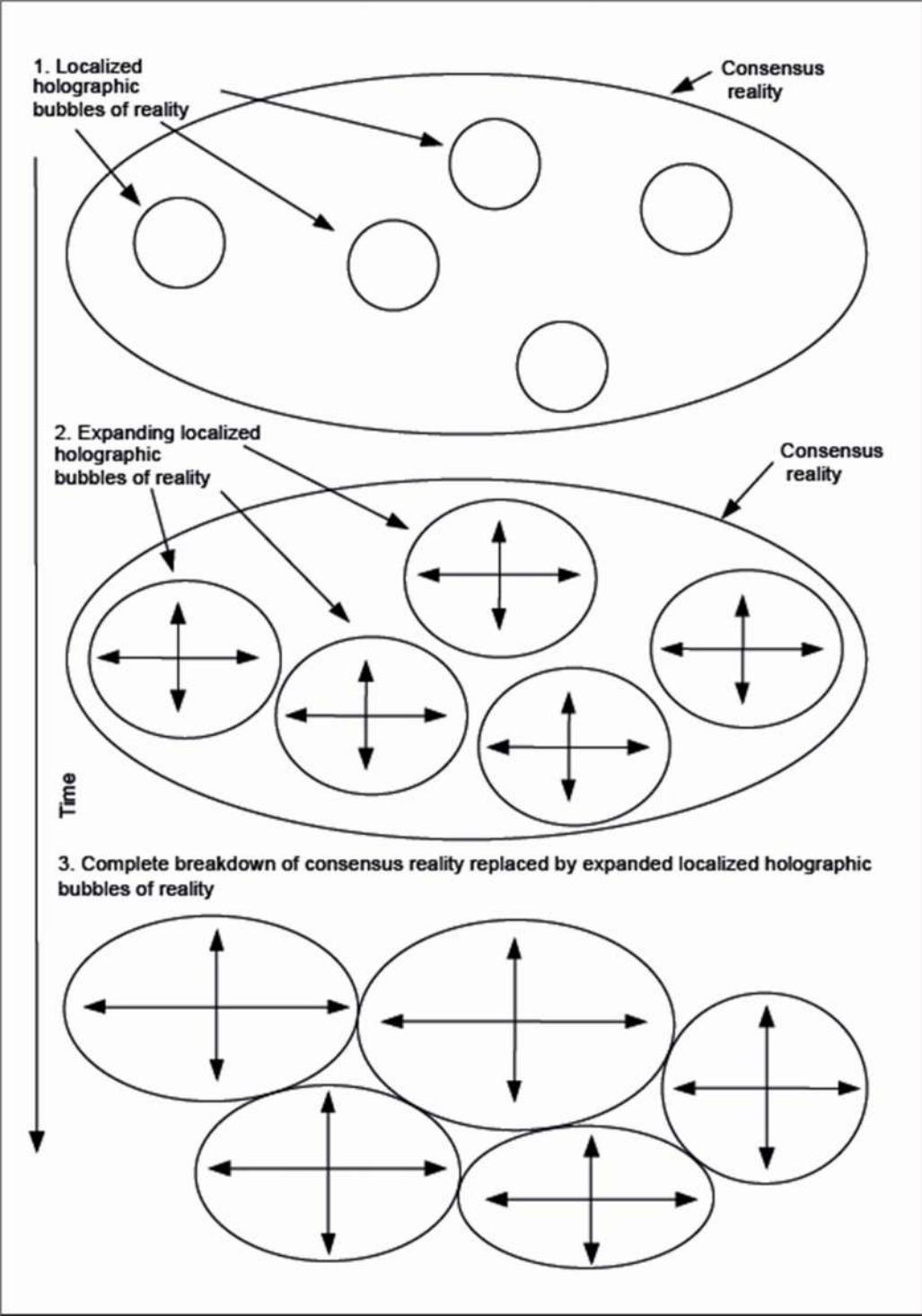


Figure 25: Breakdown of consensus reality over time

As these more highly conscious holographic bubbles expand with increasing numbers of Lightworkers coming online, their transformative effect on the consensus reality pictures of reality will greatly accelerate. Eventually, they will completely transform the lower-consciousness consensus reality. This will leave us with a whole range of more highly conscious localized holographic bubbles of Lightworkers creating Heaven on Earth in their own unique and wonderful way. There will no longer be one reality but many different subjective realities being experienced. It is up to each individual to choose which localized reality they wish to engage with as being Real.

This is how we cope with the massive changes in human consciousness and in all our old financial, economic, social, governmental systems and with the 'environmental crisis'. It is important to stop trying to prop up the old systems or fight them because they seem inherently wrong. The more we oppose something, the stronger it gets by the Law of Attraction as we have given it attention, intention and our energy. It is more about allowing the old consensus reality that created them to gracefully dissolve. We can then focus all of our attention on replacing it with more highly conscious pictures of reality for creating life and consciousness-enhancing systems and ways of living for humanity. These will help Co-Create Heaven on Earth at all levels in all our lives.

In conclusion

By eventually completely surrendering to the flow of Life, Soul, Spirit and God coming to and through you, you shall indeed Co-Create and live Heaven on Earth. For it is Soul/Spirit/God that is the Source of all manifestation in your life, not your ego mind. You will not be doing this alone, which may have been your initial picture of reality as you started to awaken on this spiritual journey of life. For Co-Creation is all about working with the brilliant sparks of the Creator awakening in all of those other consciousness-loving souls who are here to undertake this great work with you. Search them out, connect with groups of like-minded souls to find them. Spiritual groups, workshops and social networks are where they can be found.

You will recognize your fellow Ascension Team members by the look in their eyes – that spark of the Divine looking back at you. The experience will be one of great familiarity, of ‘Oh, there you are at last, I’ve been waiting a long time for you to turn up in my life’. They will fill a gap in your life that you did not know was there until they appeared. There will be a strong connection and remembrance at a soul level that will draw you together once more to help Co-Create Heaven on Earth. Each member of your team will offer the others complimentary strengths and abilities so that your Ascension Team as a whole will be greatly enhanced in its mission of service. This is why you are here on Earth right now, to play your own unique part in this glorious process, to deliver your gift of love, your Divine Purpose, to humanity.

I offer you my heartfelt Love and Blessings in your journey of remembrance into who you truly are and hope that decoding your Soul Contract and utilizing the Spiritual Map of your life that it has revealed has been of some help to you along

Appendix A:

Non-written English and non-English phonetics

If you have non-written English and/or non-English phonetics in your birth certificate name, you need to convert them into the equivalent English phonetic sounds for the allocation of Hebrew phonetic sounds for proper analysis. This process is under continual development. For that reason and due to space limitations, go to: centerforconsciousascension.net

To undertake this, click on 'Books', then on 'Your Soul Contract Decoded'.

Appendix B

More advanced applications

Beyond the scope of this first book on birth names there are more advanced applications of this work, which are available as readings, consultancy, workshops and practitioner training. These will also be explored in future books.

1. Relationship and name overlays

We explore the effect of different names you have in life as they overlay onto your birth certificate name. You can think of your birth certificate name as being like the cake of your life. It is – and always will be – the fundamental foundation energies of who you are that create your reality in each moment. Each different name that you use and each name of those you are in a relationship with, eg partners, siblings, parents, children, mentors, people who have had a significant influence upon your life, is like a layer of icing on that cake that helps it transform and grow in different ways. The icing's infusion of different energies into the cake of your life can have a positive, negative or minimal effect on you.

The understanding of name overlays will reveal the hidden energy dynamics that create your relationships the way they are to enable you to understand what is really going on so that you can flow and engage with the energies more harmoniously. It will reveal common trends called energy-pattern recognition throughout your relationships that the soul is creating for you. This is to create specific repeating experiences with the people you are relating to so that you grow in consciousness to align with your Soul Destiny.

It will show you why some relationships work and why others do not. The karmic locks and clashes you have with others will be revealed along with recommendations on how to best negotiate your way through them. It will show you how to manage your relationships at all levels in a much more conscious way because you will know exactly where the other person is coming from, why they press your buttons and vice versa.

Name optimization is available to create the best possible infusion of overlay frequencies into your birth name so as to best support you in overcoming your karmic patterns, achieving your goals, getting your latent talents up and running and moving more quickly and gracefully towards your Soul Destiny. Once your optimal name has been found, for it is already contained within your soul, you can be aligned to this name at all levels of your being in order to bring the benefits of it online much faster.

2. Families and parenting

The New Children (Indigos, Crystals, Rainbows) that are coming into the Earth plane are here to deliver very specific gifts of love on their mission to raise human consciousness. This work looks at how to best support them in manifesting this mission through an in-depth understanding of where they are really coming from. This is in order to best manage and flow with them to help them align to their Soul Contract and manifest their Soul Destiny/Life Purpose as gracefully as possible. This is based upon the unique qualities the soul is bringing through an individual child in the form of their Soul Contract, not generically based parenting models.

Exploration of how family dynamics work is undertaken so that family energies can be transformed into a mutually interdependent and supportive network of souls each helping the others to manifest their Soul Destiny/Life Purpose. We can look at the core energy interactions that create conflicts in families and offer ways of repositioning individuals in the way they relate to each other in order to create more harmony.

Choosing the right name for your baby is perhaps one of the most important things you will ever do for your child. This will set in motion the energies that will create their entire life experience. The right name will give your child the best possible start in life and fit them into the right position within the family dynamic to the mutual benefit of all.

3. Business names

This work is applicable to the business environment as, again, this is soul/spiritual energy seeking to express itself in the world. Business in the old paradigm used to exploit society. It saw itself as separate from those it did business with. Those businesses that do not operate from a place of integrity are no longer working and are collapsing.

We are moving to a new paradigm where business needs to reposition itself as an integral, interdependent part of society delivering its unique spiritually aligned gift of service. It is the lack of alignment with Spirit which is why some businesses do not work because they are not doing the right thing, with the right people, in the right way. Research has established that those businesses that focus on delivering a better service to customers and their staff rather than just a better bottom line are more profitable than those that only focus on the bottom line (Ref 39).

This work uses the concept of supporting each individual within a business to overcome their karmic patterns/challenges, achieving their goals/dreams, maximizing the expression of their talents/abilities so as to align them to their Life Purpose so that they can deliver their gift of service to the world. The next step then is to optimize the composition of teams so that each individual has their job built around them so as to play to their strengths, and the overlay relationship energies are aligned and supportive within a team so it can achieve its overall objectives.

A business name contains three energies: its foundation, abilities and success. These energies need to be aligned to the energies of the principals/owners/directors of a business for the business to be a success. This applies to legal, trading, website, products and service names. These are all an outward manifestation of the spiritual journey of those who run/own the business. When all of these flow in the correct alignment, the business will flourish as it will be very attractive to the right niche of customers to deliver its true spiritually aligned gift of service to the world.

I hope that all of the above gives you a feel for the depth and breadth of what the Soul Contract work can offer you to align the many different areas of your life to the flow of your Soul and Spirit to enable you to manifest so much more of your Soul Destiny/Life Purpose.

See Appendix C for web links for these applications.

Appendix C

Soul Contract Readings and consultations

The Center for Conscious Ascension offers full Soul Contract Readings where you will receive a more in-depth, intuitive picture of where you are on the Spiritual Map of your life that would build upon what you have discovered about your life in this book. They also cover all the areas described in the advanced applications of this work in Appendix B.

To access this:

1. Go to: centerforconsciousascension.net
2. Mouse over 'soul contract readings'.
3. Click on 'personal' for birth chart and name overlay and relationship readings.
4. Other services that can be accessed from this page are found by clicking on:
 - i. 'Baby Naming'
 - ii. 'Families and Relationships'
 - iii. 'Name Optimization'
 - iv. 'Name Alignment'
5. For business consultations, go to: centerforconsciousascension.net
6. Mouse over 'soul contract readings' ...
7. ... then 'maximize success in business' for more spiritually based businesses.
8. If you would like something more down to earth, but still with a pioneering cutting edge, go to: Fulfillment At Work: fulfillmentatwork.org

The Center for Conscious Ascension offers a 10% discount on all of the above services for readers of this book.

Email: nicolas12@centerforconsciousascension.net

The Centre of Love and Enlightenment run by Dr Ahlmeirah Ariel Hallaire, the co-developer of this work, also offers this discount.

1. Go to: centrefloveandenlightenment.net
2. Mouse over 'soul contract readings'.
3. Click on 'personal'.

Email: ahlmeirah9@centrefloveandenlightenment.net

Appendix D:

Workshops and practitioner training

Manifest your Soul's Contract

Ground your life purpose

This is an invitation to become empowered to work consciously with your Soul Contract on a day-to-day basis in a fun and experiential workshop to:

- Achieve greater awareness of your lessons, talents, goals and Life Purpose
- Open up to and activate more of your potential
- Learn to flow with each moment and extract the nectar of life

Go to centerforconsciousascension.net, mouse over 'workshops', click on 'manifest your soul's contract'.

Practitioner training levels 1-3

Level 1: Birth Name Readings: 4 days

As we move beyond 2012, spiritual seekers are feeling an increasingly strong urge from within to:

- Connect with and manifest their Soul Destiny/Life Purpose.
- Seek out the tools and knowledge to awaken to this purpose.
- Do whatever it takes to achieve this.

Training as a Soul Contract Reader is the answer to that search and enables you to:

- Decode the secrets of the blueprint of life for people hidden within the sounds of their birth name, which creates their reality in each moment.
- This Spiritual Map of life empowers them:
 - to overcome their karma/challenges.
 - express more of their talents/strengths.
 - achieve their goals/dreams.
 - manifest their Soul Destiny/Life Purpose.

As a therapist/counsellor/coach/consultant or training/workshop facilitator, this tool will give you an immediate, accurate and profound understanding of your clients.

For more information, go to centerforconsciousascension.net, mouse over 'soul contract readings', then click on 'training level 1'.

Level 2: Name and Relationship Overlays and Name Optimization: 3 days

This includes:

- How to use overlay charts to understand the impact of name changes and relationships throughout a client's lifetime on their birth chart.
- The overlay effects of each of the 22 letters of Hebrew on the seven aspects of a birth chart.
- Energy pattern recognition through a series of overlays
- Describing the flow of energy between the different overlay energies so as to place past and present relationship experience into perspective and to show a client where they are heading in life.
- As we have moved beyond 2012, people are feeling a sense of great urgency to discover, connect with and manifest their Soul Destiny and deliver their gift of service to the world.

Overlay readings can help you guide/mentor them in their next steps so they are more aligned with, and can more easily manifest, all of this.

➤ How to deliver overlay readings, including client management skills.

- How to optimize a client's name so they can more easily work through their karmic issues, achieve their goals and activate their talents, manifest their Soul Destiny and gift of service and thus achieve their maximum potential in life.
- Baby naming to give the new children the best possible start in life by helping them create a more harmonious life aligned to the flow of their soul and the family dynamic.
- Developing confidence in using your intuition/channel when delivering a reading.

The course is not only a conscious sharing of the work, it is also the second out of the three profound bodily transmissions of this knowledge required to fully reawaken the memory of it in your DNA.

For more information, go to centerforconsciousascension.net, mouse over 'soul contract readings', click on 'training level 1', then click on 'level 2'.

Level 3: The Final Transmission and Business Names: 2 days

The course is not only a conscious sharing of how business names work.

It is also the third and final profound bodily transmission of this knowledge required to fully reawaken the memory of it in your DNA.

This moves you beyond the learning and remembering of the work that occurred in levels 1 and 2 so you now start to become the conscious embodiment of this work. This makes it much easier to prepare and deliver more profound readings to your clients.

This two-day workshop will teach you how to assist your clients to:

- Understand their deeper purpose in their business or if working for someone else through:

- Examining the big picture of their work and life so as to create a new order for themselves.

- Developing a new strategy, focused on their work and Life Purpose, that allows them to live a life that is more meaningful and fulfilled.

- Develop the best business, product, service and web names to maximize success using the optimal attracting energy for their market niche.

- Enhance business relationships through:

- Finding the right person for a specific position.

- Enhancing their staff's performance and sense of job satisfaction.

- Developing optimal people management strategies specifically tailored for each individual and for entire teams.

- Achieving more efficient conflict resolution.

- Improving client, supplier, business partner and associate relationships.

For more information, go to centerforconsciousascension.net, mouse over 'soul contract readings', click on 'training level 1', then click on 'level 3'.

These training courses are available in person in the United Kingdom and worldwide by web video conferencing. If there are enough people interested in a country outside the United Kingdom, I am available to travel to present the courses. Email: nicolas12@centerforconsciousascension.net

Appendix: E

Tools for awakening

The Mission of the Center for Conscious Ascension is to support you as you move through the process of Ascension. This is the awakening at a personality level to the vaster and higher levels of awareness and consciousness that are embodying within you.

This process is usually accompanied by a series of life changes, uncomfortable symptoms, intense healing and transformation. This is because all the low-frequency beliefs and energies within your body are being shaken out so that you can embody more of your higher consciousness and align with your Divinity.

As the energies within you rise in frequency, your life changes to embody more Grace, love, health, abundance, joy, fulfilment and Divine Connection. This has a profound effect on the raising of consciousness at the collective level that creates more peace, abundance, a cleaner planet, healthier relationships and happier lives at a global level.

Conscious awakening tools are available in person and by phone and Skype at the:

- **Center for Conscious Ascension**

centerforconsciousascension.net, run by Nicolas David Ngan

- **Centre of Love and Enlightenment**

centreofloveandenlightenment.net, run by Dr Ahlmeirah Ariel Hallaire, co-developer of the Soul Contract Reading work

There are three primary interconnected tools used here. The Soul Contract Reading work provides the Spiritual Map of your life to guide you on your spiritual awakening and align much more with the flow of your Spirit. Divine Healing is designed to help you transform all the karmic separation programming preventing you from doing this. Lightbody Integration is for

clearing the programming and higher dimensional structures and beings preventing the embodiment of more of your Higher Consciousness. It rebuilds your Lightbody so you can eventually transform back into a Being of Light and Love.

1. **Divine Healing sessions:** This channelled method of healing is based on the Spiritual Law 'Ask and you shall receive'. It enables the quick and effective identification and clearing of core patterns and thus frees your life force for greater health, connection and wellbeing.

Go to: centerforconsciousascension.net

Mouse over 'Healing services' and click on 'divine healing master key sessions'.

Or:

Go to: centrefloveandenlightenment.net

Mouse over 'Multidimensional healing' and click on 'Divine Healing Master Key Sessions'.

2. **Lightbody Integration:** The human experience of feeling limited and separate from Divinity is an illusion. In reality, human souls are extensions of the Divine. The purpose of incarnating on Earth and experiencing this limited reality is to expand God Consciousness. This exploration of unconsciousness reached its extreme limit during the Harmonic convergence of 1989.

As a result of this, all the beings on Planet Earth, together with the planet, are rising in frequency and consciousness. This process creates uncomfortable symptoms as our bodies absorb the Light and release the separation energies.

It takes an enormous amount of energy to become unconscious and forget that we are God. This illusion is partially created by etheric structures, devices and programming in our energy fields. The Lightbody Integration work removes these structures and integrates the Higher Light of our Spirit with Grace and Ease.

- This Higher Light activates dormant parts of our DNA to eventually turn us into beings of Light.
- New pathways are cut through our brains creating new ways of thinking and psychic openings.
- Our heart chakras open to merge with all the other chakras to create our Merkabah (vehicle for Ascension).

This allows connection with and integration of Higher Consciousness in our personalities and bodies.

Go to: centerforconsciousascension.net

Mouse over 'Lightbody integration' and click on 'Introduction'.

Or:

Go to: centrefloveandenlightenment.net

Mouse over 'Lightbody integration' and click on 'Introduction'.

3. **Colour Light Therapy:**

Go to: centerforconsciousascension.net

Mouse over 'Healing services' and click on 'Colour light therapy'.

4. **Empowerment Protocol:**

Go to: centerforconsciousascension.net

Mouse over 'Healing services' and click on 'Empowerment protocol'.

5. **Quadruple grids spacial:**

Go to: centerforconsciousascension.net

Mouse over 'Tools' and click on 'Quadruple grids spacial'.

6. Quadruple grids personal:

Go to: centerforconsciousascension.net

Mouse over 'Tools' and click on 'Quadruple grids personal'.

7. Tachyon products:

Go to: centerforconsciousascension.net Mouse over 'Shop' and click on 'Tachyon'.

8. Clearing other's energies:

Go to: centerforconsciousascension.net

Mouse over 'Tools' and click on 'Clearing other's energy'.

9. Anger release:

Go to: centerforconsciousascension.net

Mouse over 'Tools' and click on 'Anger release'.

10. Unified Chakra:

Go to: centerforconsciousascension.net

Mouse over 'Tools' and click on 'Unified chakra'.

Appendix F

Web portal for readers

The purpose of this web portal is to support you in implementing the self-knowledge you have gained from *Your Soul Contract Decoded: Discovering the Spiritual Map of Your Life with Numerology*. You will be able to join a community of readers, each exploring the manifestation of their Soul Contract in their own unique way, so you can learn from and support each other in this process.

You can access this by going to: centerforconsciousascension.net. Click on 'Books', then 'Your Soul Contract Decoded'. The portal will eventually include:

1. Downloadable Star of David and short name triangle
2. Software to automate the Soul Contract Decoding Process (available for a free number of chart generations, followed by a small monthly payment)
3. Phonetic pronunciation of Hebrew
4. A forum for you to ask me questions and interact with each other, based on the truth of this work and to share the experiences you have with using it
5. Video initiations/alignments into the energies of the work so your DNA is awakened to it and you can go much deeper into the work
6. Workshops to help you manifest much more of your Soul Destiny/Life Purpose so we can all Co-Create Heaven on Earth

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Mouse over 'Tools', then click on 'Grounding'.

17. Body Consciousness:

Go to: centerforconsciousascension.net

Mouse over 'Handouts', then click on 'What is body consciousness?'

18. Anger Release Process:

Go to: centerforconsciousascension.net

Mouse over 'Tools', then click on 'Anger release'.

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Go to: centerforconsciousascension.net

Mouse over 'Books', then click on 'Your Soul Contract Decoded'.

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